August 2017

Carolina country

Forged
of the forgotten
page 12

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Your Touchstone Energy® Cooperative

PERIODICAL

On the hunt for edible plants
page 20

Don't miss the solar eclipse
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Make jerky like a pro—page 44

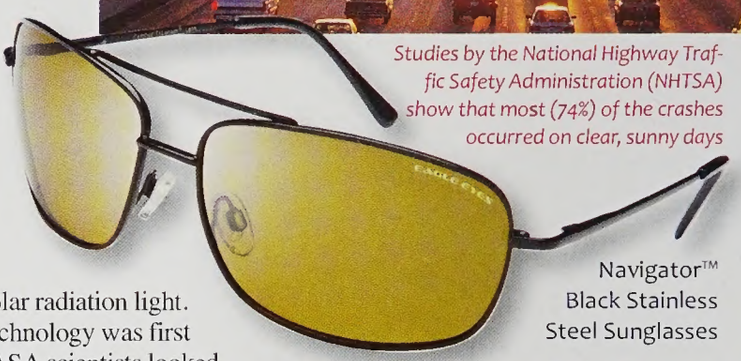
Urgent: Special Summer Driving Notice

To some, sunglasses are a fashion accessory…

But When Driving, These Sunglasses May Save Your Life!

Studies by the National Highway Traffic Safety Administration (NHTSA) show that most (74%) of the crashes occurred on clear, sunny days

Drivers' Alert: Driving can expose you to more dangerous glare than any sunny day at the beach can… do you know how to protect yourself?



Navigator™ Black Stainless Steel Sunglasses

The sun rises and sets at peak travel periods, during the early morning and afternoon rush hours and many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle, the pavement, or even from waxed and oily windshields that can make matters worse. Early morning dew can exacerbate this situation. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

Not all sunglasses are created equal. Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

Sometimes it does take a rocket scientist. A NASA rocket scientist. Some ordinary sunglasses can obscure your vision by exposing your eyes to harmful UV rays, blue light, and reflective glare. They can also darken useful vision-enhancing light. But now, independent research conducted by scientists from NASA's Jet Propulsion Laboratory has brought forth ground-breaking technology to help protect human eyesight from the harmful effects of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

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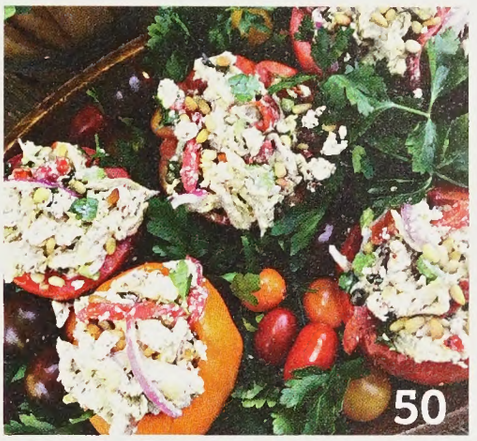

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I ♥ CO-OPs

CALL FOR SUBMISSIONS:

Why I heart my co-op

Why do you love your electric co-op? Tell us for a shot at being published in our October issue. See page 7 for details.

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Warren Kessler
Publications Director

Scott Gates, CCC
Editor

Renee C. Gannon, CCC
Senior Associate Editor

Karen Olson House
Contributing Editor

Tara Verna
Creative Director

Erin Binkley
Graphic Designer

Linda Van de Zande
Graphic Designer

Jenny Lloyd
Publications Business Specialist

Jennifer Boedart Hoey
Advertising

Joseph P. Brannan
Executive Vice President & CEO

Nelle Hotchkiss
Senior Vice President, Corporate Relations

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Innovation at the Edge of the Grid

By Lee Ragsdale

The history of electric cooperatives is steeped in innovation and impact at the "edge of the grid," where distribution lines meet with your homes and businesses. Serving you, our members, is what drives us to find innovation and manage the cost of electricity.

More and more focus now is moving to these edge-of-the-grid technologies as a complement to the traditional centralized, larger-scale power generation plant. You, as a consumer, are able to become more involved in managing the power supply portfolio.

Since 2014, North Carolina's electric cooperatives have built community solar projects throughout the state. At 18 sites, in fact, different co-ops are enabling members to participate in and benefit from solar power, without taking on the task of installing panels on their own roofs.

Another example involves a little device you likely use every day. Electric co-ops across North Carolina have sold nearly 1,000 Wi-Fi enabled ecobee3 thermostats to their members, promoting energy efficiency, offering rebates, and providing monthly credits for participation in demand-response programs that help reduce strain on the electric grid during times of peak demand. Through this simple program, co-ops and their members are working together to collectively save. Now, three cooperatives are testing a "bring-your-own-thermostat" program for members who already own Nest and ecobee3 thermostats. These thermostats allow for more flexibility and control over heating and cooling, while also helping the cooperative manage costs on high consumption days.

Electric co-ops are also working to replicate the thermostat program with water heaters. These fundamental appliances are essentially batteries, storing hot water "energy" for future use. We are testing water heater controls that can switch off heating elements when the grid is strained without having any impact on comfort—water remains at the ready for washing dishes or a hot shower.

These thermostat and water heater controls are being used as part of the Ocracoke Island microgrid ("A First for the State," May 2017, page 8), which also utilizes Tesla batteries and a rooftop solar system. This summer, we have continued to put the innovative installation through its paces with operations in "island-mode," testing regulation service for the larger grid, and scheduling dispatches of the batteries throughout the day. Through tests and experiments like this, North Carolina's electric cooperatives are researching the feasibility of using these technologies in your communities, improving resilience and helping manage the cost of electricity.

In the works is a farm-based microgrid that will rely on batteries, solar and swine waste-generated electricity to power up to 100 homes in a Harnett County community. We are actively pursuing construction and development of this microgrid, and we'll feature it in more detail in an upcoming issue of Carolina Country. We are also looking for other applications for batteries, solar and microgrids throughout co-op service territories that make sense for all of us.

Our communities rallied together in the 1930s to create the electric cooperative business model, and we have innovated all along the way. We are excited to be leaders in this next industry evolution, enabling us to better provide you with safe, affordable, reliable and environmentally responsible electricity.

Lee Ragsdale is senior vice president of Grid Infrastructure and Compliance for North Carolina's Electric Cooperatives.

THIS MONTH'S ISSUE:

Sustainable Living

Whether we make it a priority or not, many of us take steps every day to live in a sustainable way—a way in which we make the most out of what we have. It may be as simple as eating vegetables out of a backyard garden, or as involving as crafting new treasures out of otherwise unwanted objects. In this issue, we're taking a look at just a few ways folks around the state are getting the most out of what's available.

—Scott Gates, editor

Turkey Hunt Support

I enjoy getting my Carolina Country magazine, but in the July issue I read a letter written to the editor about animal cruelty as it pertains to an article in the June issue ("Hunt Gives Back to U.S. Veterans," page 10).

Members of my family are veterans. My nephew, a Marine, was killed in Iraq in 2005. Veterans are brave and honorable, they put their lives at risk to defend our country. They believe in freedom and sometimes pay the ultimate price preserving it.

The volunteers who gave our veterans the opportunity to hunt should be applauded. They gave their time to those who have given so much for our country.

Hunting is our heritage, for as long as this land has existed. Our forefathers would not have thrived in America without the much-needed protein provided by hunting. Four of my grandsons hunted turkeys this spring, and I am so proud of them for carrying on this tradition.

One of my purposes in life is to protect their right to hunt, and to protect that right for generations to come.

Wanda Wilson Haines, Belvidere, a member of Albemarle EMC

Cannon Question

Regarding your story on Edenton (July 2017, page 33), I was there a few years ago for the dedication of a Confederate Civil War Howitzer returned from Fort Niagara, New York, that had been captured by the Union. It and three other Artillery pieces had been cast from Edenton church bells and formed the "Edenton Bell Battery."

At the time I was lead to understand that the three cannons you have pictured in Queen Anne Park plus one other (I believe) positioned in front of a Confederate memorial were shipped to Edenton, sat on a barge awaiting payment, and when payment wasn't made, were unceremoniously dumped into the water where they sat for a number of years. They were eventually salvaged, but by then they were so corroded that they were useless (seawater does that).

This history would suggest that, no matter how whimsical it may sound, Benjamin Franklin played no part in positioning the cannon. It would be interesting to know if he had ordered the cannon and was responsible for the default in payment.

Martyn Hawkins, Oak island, a member of Brunswick EMC

Editor's Note: Thank you for pointing that out, Martyn. We sent your question to Charles Boyette, a historic interpreter with the NC Department of Natural and Cultural Resources. Here's his response:

> The cannons in question were part of a larger shipment of 45 cannons that were sent from France during the American Revolution in 1778. They were to be shared by North Carolina and Virginia, but due to the turbulent economic times, North Carolina could not pay for its share.
>
> It is believed that Benjamin Franklin, who was serving as envoy to the Royal Court of France, was instrumental in acquiring these cannons. The French Monarchy were supporting the American Revolution with men, money and supplies.
>
> When the cannons arrived, they could not be paid for and so were stored on a barge by the riverfront. It was thought that Lord Cornwallis was going to target the town to seize the cannons so they were dumped in the river. After the war, they were dredged up and placed around town mostly as monuments. Please let me know if I can be of any further help.

Contact us

Phone: 919-875-3091

Fax: 919-878-3970

Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

Web: carolinacountry.com

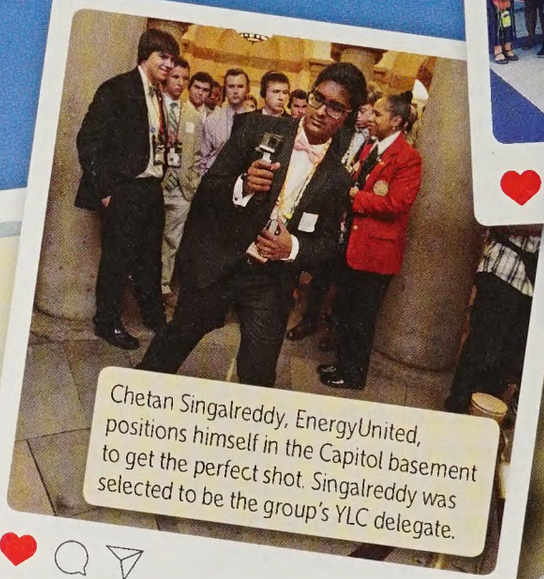
Email: editor@carolinacountry.com

Experiencing a power outage? Please contact your electric co-op directly to ensure prompt service. Visit ncelectriccooperatives.com/co-ops to find yours online.

Youth Tour 2017 Scrapbook

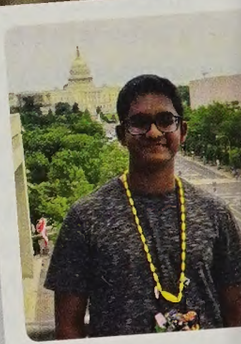
North Carolina's electric cooperatives sent 50 young leaders and advisors to Washington, D.C., in June on the Electric Cooperative Youth Tour, marking the 50th year for the program in North Carolina (see "The Leaders of Our Future," June 2017, page 4). You can also visit **ncelectriccooperatives/youthtour** for more information about the program.

The group stopped for a photo on the roof of the Kennedy Center before taking in "The Sound of Music."



Chetan Singalreddy, EnergyUnited, positions himself in the Capitol basement to get the perfect shot. Singalreddy was selected to be the group's YLC delegate.

Chaperones were on call 24/7 to keep the group safe and organized. *(Left to right)* Rachael Benedict, Piedmont EMC; Safaniya Stevenson, North Carolina's Electric Cooperatives; Jeremy Dewberry, Four County EMC; Paula Seay, French Broad EMC; Paul Mott, North Carolina's Electric Cooperatives; Cookie Bradshaw, Blue Ridge Energy; Donnie Shoaf, EnergyUnited; Chad Bailey, Rutherford EMC



EnergyUnited Member to Represent NC

Youth Tour participants have returned home with new friendships and memories from the trip, but the journey is just beginning for Chetan Singalreddy, a member of EnergyUnited and a rising senior at South Iredell High School in Statesville. Singalreddy was selected by his peers to represent North Carolina on the National Rural Electric Cooperative Association's (NRECA) Youth Leadership Council (YLC). One student from each state is selected to participate in a national leadership workshop, as well as represent their state at the NRECA's 2018 Annual Meeting in Nashville.

(Left to right) Elizabeth Knott, Albemarle EMC; Jessie Tovar, Jones Onslow EMC; and My Vue, Pee Dee Electric are ready for their Capitol tour.

(Left to right) Molly Johnson, Four County EMC; Destiny Robinson, Roanoke EMC; and Anusha Tummallapalli, Union Power get a selfie with Honest Abe.

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Youth Tour participants took more than just photos—see their GoPro video footage online.

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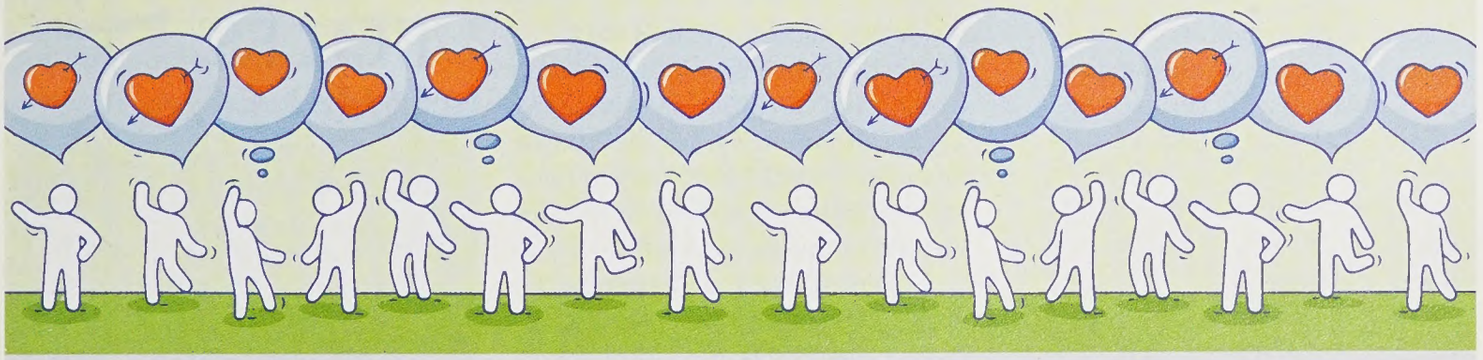

October is Co-op Month—still a ways off, we know, but we're planning ahead and asking readers what makes them proud to be a member of an electric co-op. So tell us why you love your co-op. Is it the service? What they do in your community? Something different altogether? We'd also love to see photos of any bits of co-op history you may have to share. We will pay $50 for each story or photo that is printed in our October issue.

Rules

Deadline: August 15, 2017

One entry per household

Limit text to 200 words or less.

Include your name, electric co-op, mailing address and email address or phone number with your entry.

If submitting a photo, prints should be a minimum of 4 x 6 inches.

We retain reprint and online rights. Payment will be limited to those entries appearing in print, not entries featured solely on carolinacountry.com.

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Duke Energy Works Through Coal Ash Plans

A side dump truck receives coal ash at Duke Energy's W.S. Lee Steam Station in Belton, South Carolina.

Duke Energy, the investor-owned utility serving many parts of North Carolina, is finalizing plans and cost projections for how it will store and dispose of coal ash to meet recent changes to laws and regulations. Electric utilities across the country are working through similar plans, with coal ash storage facilities in 46 states.

But what is coal ash? When coal is burned to create steam and generate electricity, ash is created and becomes either bottom ash (which falls to the bottom of the boiler) or fly ash (which is driven up with flue gas and captured in filters). The ash has traditionally been stored in unlined basins near power plants. Although the ash has been ruled nonhazardous by the U.S. Environmental Protection Agency, its storage and handling are subject to federal and state regulations.

The most recent regulations related to coal ash began to take shape in 2008 following a coal ash spill from the Kingston power plant in Tennessee. Six years later, a coal ash spill at a Duke Energy plant into the Dan River prompted the North Carolina General Assembly to enact the Coal Ash Management Act (see "Coal Ash Management: Why We Are Involved," October 2014, page 4). That initial act was amended in 2016 to, among other things, establish criteria for the closure of each of Duke's ash basins, in turn preserving environmental goals while reducing costs to retail customers.

Duke Energy has been working through two main coal ash projects: cleanup at the Dan River site, which has been completed, and developing coal ash management plans to meet new federal and state regulatory standards at its 33 basins across the state. Duke Energy is solely responsible for all costs associated with the 2014 spill, but it is seeking to recover costs for regulatory compliance at its other ash storage sites — which it sees as a cost of doing business — from ratepayers at both the wholesale and retail level.

Duke Energy is a long-time supplier of power to electric co-ops in the state. Although North Carolina's electric co-ops do not own any coal generation, some of the purchased power from Duke Energy does come from coal-fired plants. As a result, North Carolina's electric cooperatives have been engaged in the coal ash management discussion since the beginning, working to represent the interests of members and ensure that coal ash is managed in an environmentally responsible and cost-effective manner.

Complying with coal ash management regulations will take Duke Energy several years, as it works to improve current basins, cap some basins in place or move ash to new sites. Duke Energy is tracking its progress at duke-energy.com/coalash.

Electric Co-ops and the Vietnam War

There's a little piece of history often overlooked in reflections on the Vietnam War. In spring 1965, President Lyndon Johnson tasked a band of electric cooperative employees with a near impossible mission: bring power to parts of rural South Vietnam.

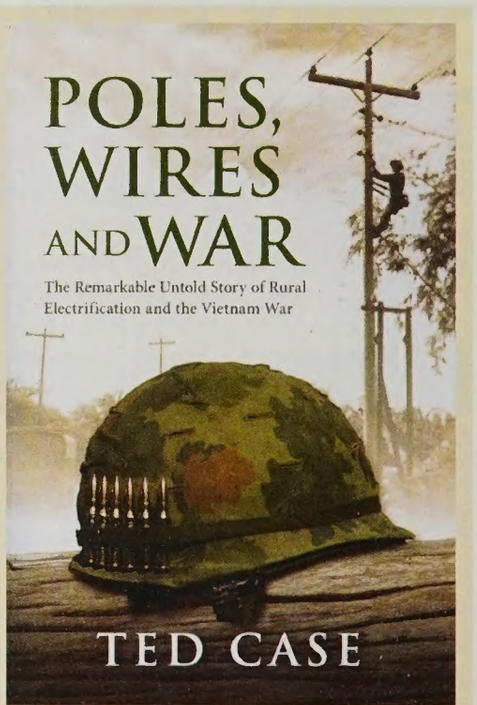
Ted Case, executive director for the Oregon Rural Electric Cooperative Association, tells the tale in his recently released book, "Poles, Wires and War."

The book chronicles Johnson's initiative to win South Vietnam villagers' "hearts and minds" through rural electrification. The task was spearheaded by a team of co-op managers known as the National Rural Electric Cooperative Association's survey team, at the time described as "Green Berets with slide rules."

Johnson had experienced the life-changing benefits of rural electrification as a congressman serving the Texas Hill Country, where he lobbied President Franklin D. Roosevelt for federal funding that made Pedernales Electric Cooperative a reality.

"[Johnson] saw the Vietnamese farmer as being like the Texas farmer or the Oklahoma farmer," the book quotes Robert Komer as having said. Komer led nation-building efforts in South Vietnam under Johnson. "We're going to provide them with rural electricity. We're going to provide them with roads and water, and we're going to improve their rice crop."

But his vision for bringing power to South Vietnam faced much higher hurdles. Although three pilot projects gained a foothold through the initiative, rural electrification failed to grow and transform the region until many decades later.



More information about the book is available at tedcaseauthor.com.

Teachers: Bring Projects to Life with a Bright Ideas Grant

Early bird deadline is August 15

North Carolina's electric cooperatives are accepting applications for Bright Ideas education grants to fund creative, classroom-based learning projects. The final deadline to apply is in September and can vary depending on the sponsoring electric cooperative in your area, but five lucky educators who submit their application by the early bird deadline of August 15 will win a $100 gift card.

Electric cooperatives expect to award about 600 Bright Ideas grants statewide during the 2017–2018 school year. The Bright Ideas education grant program is an example of the electric cooperatives' commitment to community. Since 1994, North Carolina's electric cooperatives have awarded more than $10.9 million in Bright Ideas grants funding for more than 10,400 projects. Those projects have touched the lives of more than 2.1 million students.

Classroom teachers at qualifying schools can apply for grants individually or as a team. Visit ncbrightideas.com for the application, grant-writing tips and more information about the grant program.

(Left to right) Tideland EMC CEO Paul Spruill; EnergyUnited President Max Walser; Surry-Yadkin EMC President Toby Speaks; Gov. Roy Cooper; NCEMC CEO Joe Brannan; NCAEC COO Bob Goodson; Surry-Yadkin EMC General Manager Greg Puckett; Randolph EMC CEO Dale Lambert; NCAEC Director of Government Affairs Jay Rouse

Co-op Leaders Meet with Gov. Roy Cooper

Electric cooperative leaders sat down with Governor Roy Cooper for an initial meeting on June 19. The group discussed issues important to electric co-ops and the communities they serve.

"The governor was engaged and interested in learning about all the technical advances and cost-saving measures electric cooperatives are implementing," said Dale Lambert, North Carolina Electric Membership Corporation board president and CEO of Randolph EMC in Asheboro. "I thought it went very well."

Topics discussed included:

- *Energy and innovation*, including an overview of the co-op generation fuel mix, distributed generation, electric vehicle infrastructure and microgrid projects;
- *Rural communications*, including the need for broadband infrastructure in rural communities;
- *Co-op 101*, including electric cooperatives' impact across the state, serving 2.5 million people across 45 percent of North Carolina's landmass; and
- *Economic development*, including North Carolina's electric cooperatives' investment of more than $500 million in nearly 100 economic development projects since 2012, as well as leadership in use of USDA's Rural Economic Development Loan and Grant Program.

"North Carolina's electric co-ops are national leaders in providing cutting-edge, innovative energy solutions for their members," said Toby Speaks, North Carolina Association of Electric Cooperatives board president and president of Surry-Yadkin EMC in Dobson. "It was an honor to share with Governor Cooper the collective progress we have made in our endeavors to improve the quality of life in our rural communities."

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Electric cooperatives are committed to providing reliable, uninterrupted electrical power to their members. But sometimes, storms, car accidents—and even squirrels—can cause power outages. A quick video discusses the most common causes of power outages.

Top 10 Reasons to Consider a Co-op Career

If you want to work near home or explore another part of the country, odds are there's an electric co-op nearby

By Justin LaBerge

Electric cooperatives work with cutting-edge technologies, strengthening communities here at home and across the globe.

There are many ways to earn a paycheck, but some are more rewarding than others. Here are 10 reasons to consider joining the electric cooperative family.

1. Tech-focused

The electricity industry is at the leading edge of a global energy revolution. Rapid advances in renewable generation, energy storage, and microgrid and smart grid technologies are changing the way we generate and use electricity. If you work at an electric cooperative, you can be part of this once-in-a-lifetime industry transformation.

2. Business on a human scale

Electric co-ops hold themselves to the highest standards of professionalism and integrity while still maintaining a close-knit, family friendly working environment. Decisions are made locally by boards of directors and managers who know employees by name, not halfway across the country in some corporate headquarters. Their smaller size and local control also gives co-ops more flexibility to innovate and try new ideas to improve the service they provide.

3. Principles, not profit

When you work for a not-for-profit electric cooperative, you're not helping some Wall Street investors get richer. You're working to serve your friends, family and neighbors who collectively own the cooperative.

4. Support sustainability

Advances in power plant efficiencies and renewable energy—including community solar installations—are helping us generate power in more sustainable, environmentally friendly ways. Other technology advances, like electric vehicles, next-generation HVAC systems and smart thermostats are creating efficiencies on the consumer side of the meter.

5. National reach

America's 900-plus electric cooperatives serve 47 states and 56 percent of our nation's landmass. So whether you want to stay in your hometown or explore another part of the country, odds are good that there will be an electric cooperative nearby.

6. Retirement security

It might seem a long way off, but we all need to plan for retirement. Local electric co-ops are part of a national network that manages sophisticated retirement benefit options.

7. Stability

There are no guarantees in life, but some bets are safer than others. Electricity is the lifeblood that keeps our society humming along, and electronics play an increasingly critical role in our daily lives. As long there's a need for electricity, we'll need workers to ensure it is safe, reliable and affordable.

8. Job diversity

You may be most familiar with your co-op's lineworkers, and there will always be a need for the technical skills required to maintain the power grid. But co-ops draw from a vast array of other skillsets, including engineering, finance and accounting, communications and customer service.

9. Join a global movement

As a member of the co-op family, you're part of something much larger than yourself. The cooperative movement represents a human-centered, ethically driven way of doing business. More than 250 million people around the world earn their living working in cooperatives, and the cooperative economy generates approximately $2.5 trillion in global economic activity each year.

10. Build a stronger community

Safe, reliable and affordable energy is critical to the health and prosperity of a community. Electric cooperatives are also dedicated to strengthening their communities through other ways, such as scholarships, and loan and grant programs for rural economic development to keep the future bright.

To learn more about a cooperative career, contact your local electric co-op.

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Watch a video for more information on co-op career options.

Justin LaBerge writes for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

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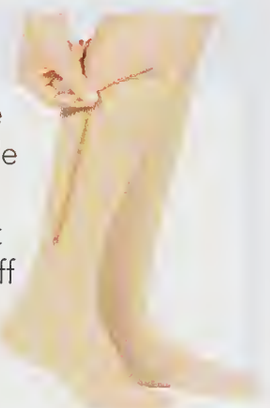

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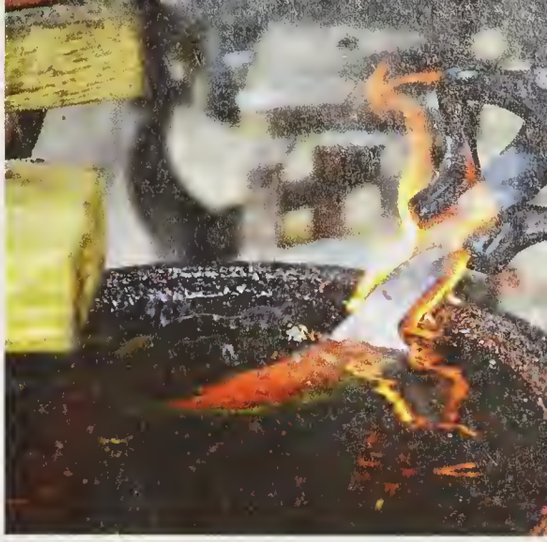
FORGED
of the Forgotten

A Robeson County blacksmith turns old iron into artful tools

By Gordon Byrd
Photos by Don McKenzie



Our history on earth is being reshaped by everyday acts of sustainability. If reusing, recycling and reducing waste are ordinary ways of sustaining our world, then "upcycling" is an extraordinary way of bringing value to otherwise discarded items. Oliver Schneider, a German/American/Lumbee blacksmith, is a self-taught upcycling master, turning old scrap into matchless cutlery.

"Knives tell the history of the people who make them," Schneider says, holding a knife made from a railroad spike. "Knife-making is about putting your personality into your creation."

Walking through his Robeson county home, the Lumbee River EMC member modestly points out a gorgeous knife display on the kitchen countertop that holds his kitchen spike-knife collection, including a fork and a spoon. He made the display piece and other furniture out of a fallen cedar tree in his yard.

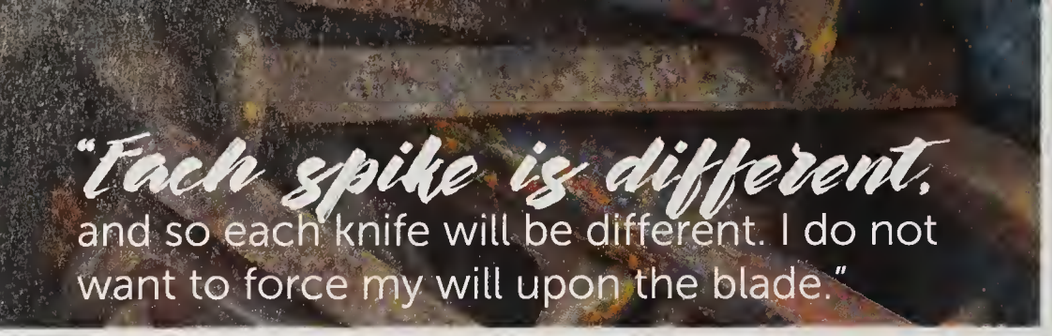
Most would see the fallen cedar as rubbish to be removed, burned, cleaned out; but Schneider has a knack for taking what others have discarded and turning them into functional art pieces. This upcycling happens very clearly in his forge—which he designed and built. The old railroad spikes Schneider uses are practically useless. Once Schneider gets his hands on them, applies heat and hammer, the once low-valued spike becomes a high-valued tool with polish and a personal touch.

Schneider never loses his philosophical approach that undergirds his art; whether he is explaining the process of taking a spike and forging it into an artisanal, custom-made knife, or demonstrating how to lace together his handmade leather sheaths.

"The value of a day is how much you value the work you put into it," he says, standing in his open-air forge as chickens rummage for food out in the yard. His house, barn and vegetable garden are reminiscent of a simpler age—and that is exactly what he likes.

"I am not overly fancy," Schneider reflects. "I like to work with my hands, the hammer and an anvil." His tools are mostly built in-house. He has a monkey wrench with a welded rebar to help him twist the spike-knife handle, a furnace made out of a fifty-gallon tank, and numerous

"It is more challenging to build the tool, but then you have the right tool. The right tool makes every job easier."



"Each spike is different, and so each knife will be different. I do not want to force my will upon the blade."

other medieval looking tools hanging under his lean-to roof. "It is more challenging to build the tool, but then you have the right tool. The right tool makes every job easier."

After the anvil work is finished, the knife has taken shape. The backyard blacksmith takes his knife-in-the-making into his shed where a wood table is mounted by three bench grinders and a vice. Sparks shower the floor and the metal screeches as it is slowly, meticulously fashioned. Soon the blade is sharpened and the black, unburnt carbon is removed.

"Each spike is different, and so each knife will be different. I do not want to force my will upon the blade," Schneider says in explaining how every knife looks unique. "Just like these chickens, it just does as it pleases."

From his backyard forge with his Civil War-era anvil, Schneider takes his finished blades inside to cut, dye and bind the leather sheath. Originality is first priority.

"I am the only one I know of who makes this leather handle," Schneider notes as he gently pulls a knife out. He closely guards the secret of his leather handles. Demonstrating with his burly thumb, he shows that the leather is bound so cunningly to the metal tang that even with heavy scratches and wear-and-tear, the leather does not rub lose or fray. Next, Schneider takes the handle and strikes the hard corner of his work bench. "A plastic handle would shatter, but leather can be buffed and shines even better after rough handling," he says, sliding the knife back into its matching leather sheath.

Schneider's flair for the exotic never lacks functionality. He sports a custom-made visor with rattlesnake leather, a cobra head and a deer antler; the last decoration serves to hold his sunglasses while he is indoors. He points to one knife's black, bumpy handle, "this is stingray leather." The material, which he imports from Southeast Asia, is surprisingly soft, comfortable and beautiful combined with the matching stingray leather sheath.

When not at the forge, Schneider stays busy demonstrating and promoting his trade at artisanal showcases across the state (he maintains a list of upcoming shows at spike-knife.com).

"I want to do things no one has attempted before," he says in his workshop. "Rather than taking the easy way, I want to see skills developed locally. Something people will appreciate pursuing even after their work day. Something to take pride in."

Gordon Byrd is a veteran who works for UNC Pembroke. He tries to keep things interesting with a little homebuilding, some writing, triathlons and a lot of time with his family and church.

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Watch Schneider in action as he crafts functional works of art in his forge.

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PHOTO CONTEST

Reclaimed & Reused

We asked readers to send in photos and stories about how they're putting old things to work in new ways, and the responses did not disappoint. As you'll see on these pages, North Carolinians are masters of artfully putting seemingly worthless items to work. These are a few of our favorites.

New Window Views

I am an artist working in many mediums, one of my favorites is transforming old windows into art. The windows are in pretty rough shape when I find them, layers upon layers of peeling paint, broken panes, rotted wood and chipped glazing. I clean them up, prepare them, and turn them into new artworks! My reclaimed windows can be seen at Phthalo Blue Art Gallery in Ocean Isle Beach.

Mary Zio, Carolina Shores, a member of Brunswick Electric

From Kids to Crops

We are blackberry growers. Our broker requires us to cool the blackberries immediately after they are picked. With our hot summers, we needed a cooler in the field, and it was suggested that we use a retired school bus.

We took all the passenger seats, windows and insulation out of the bus, then cut the body off down to the chassis. With instructions from our refrigeration expert, we assembled to cooler on the bus. Our electrician installed a plug in the field so that we would have electricity in the field to run the cooler.

A friend took the windowless body of the bus for his chickens, and we installed the bus windows along a new wall of our shop. Some of the seats are in hunting stands across the state.

Dean Johnson, Ivanhoe
A member of Four County EMC

Belted Seat Back

I like challenges. My home is full of them. I had these rocking chairs on my porch and they were weathered badly. The wicker would not last. I braided them with different leather belts and painted them with good outdoor paint. I just love the look and enjoy sitting in them.

Lyn Hunt, Clayton

Floor Tile Mosaic

This picture is a mosaic made from reclaimed floor tile, broken during installation, and "trashed" glass from a framing department, painted with acrylic paint. I draw the design onto the tile and begin gluing. Once the pieces of glass are dry, I grout the entire piece with polymer grout so it can hang outdoors.

I am committed to upcycling and find ways to use so many items that folks would otherwise toss out.

Mary Savitsky, Emerald Isle
A member of Carteret-Craven Electric Cooperative

For the Birds

My husband, John, and I like to recycle and repurpose neat old stuff. I call him a "scrapper" because he likes going to junk and scrap yards, looking to salvage pieces of metal or wood to make functional furniture or art. The pieces here are a bird bath and companion feeder.

The base of the bird bath is a vintage cast-iron Christmas tree stand. The pedestal, a short section of well casing and the bowl is an old Gravely mower deck turned upside-down.

The feeder base is an old horse-drawn seeder disk plate. The riser is a 1 ½-inch piece of rebar, and the tiered feeder is an inverted garden disk harrow, with a larger disk on top to shed water.

A light coating of axle grease on the rebar deters the squirrels who wait patiently on the ground for hull and seed droppings as the birds eat undisturbed.

Jill Sykes Shoneman, Hillsborough, a member of Piedmont Electric

Sentimental Shadow Box

This shadowbox was made solely from materials that I reclaimed from my great-grandfather's house built in 1898. The glass, window and sash are all original material from the house. The shadow box frame, shelves and surrounding walls are made from the floorboards, the hinges from a screen door. I used an insulator from his barn to make the handle. The salt and pepper shakers and ink pen were turned from reclaimed wood. The file box belonged to my grandmother and holds recipes, many handwritten by her and are still being used. This old wood now has a new life!

Brian Faircloth, Autryville, a member of South River EMC

Comfort by the Barrel

These old oil barrels were sitting around the house and my husband reclaimed them into beautiful outdoor furniture for my birthday! I was so surprised and impressed. He used spray paint, his welder and rubber that goes around car windows to make them perfect! He also used wood and stain to make the seats and legs.

Daisha Gaines, Goldston
A member of Randolph EMC

It Gets Great Reception

My husband, Robert, likes to recycle and reuse things to make something new and different. In this photo you'll see he's taken an old aluminum satellite dish and old porch rails and made this eye-catching gazebo in our pond garden. It really is a conversation piece when people visit.

Robert and Betty Watkins, Hillsborough, members of Piedmont Electric

Saw Blade Scene

After a radial-arm saw blade is used, typically, it is thrown away. This saw blade (used by my father) was treated similarly, but it was reclaimed from the scrap pile by a visionary. Huang Wen Byrd, a recent immigrant to the United States, was presented with a challenge. After completing a few paintings on canvas, she was asked by my grandfather to paint on a new medium: a reclaimed 12-inch saw blade.

Claire Louise Witmore, Pembroke
A member or Lumbee River EMC

Eclectic Lighthouse

I made this lighthouse a few years ago using a tub from an old washing machine, a trash can, a water pressure tank, a pizza pan, wire trim and a bird feeder with a solar light for the top. It is about eight feet tall and still stands in my yard.

Patsy Fletcher, Vilas
A member of Blue Ridge Energy

Bird on a Line (Insulator)

These are power line insulators from the 1970s that we have reused as bird feeder and bird bath. We enjoy sitting on the front porch and watching our fine feathered friends.

William Ivey, Marshville
A member of Union Power

Grand Little Library

We moved to the isolated, yet awesome mountain community of Grandview Peaks in Dysartsville three years ago. As a public-school librarian with a passion for reading and a dislike of TV, I knew immediately that I needed to create a community "Grand Little Library." This was established to bring books to my neighbors and instill a sense of community involvement and belonging.

The Mountain Express newspaper in Asheville graciously donated an old newspaper dispensary for me to reclaim, revamp and reuse into our own little neighborhood library! I sanded down its original run-down ugliness and spray painted it an awesome aqua (my favorite color), and divided it into Kids/Adult sections. I get constant donations from neighbors of awesome hardback books to keep it vibrant and fluid, and I love all the positive comments from neighbor/friends that use it regularly!

Kelly Puglisi, Nebo, a member of Rutherford EMC

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We ran out of room in the magazine for all the great entries. See more online, including a tire retaining wall and some unique outdoor lights...

Formidable foragers

Experts at the Wild Foods Weekend reveal nature's edible bounty

By Leah Chester-Davis

One Saturday in April, foraging expert Ellen Zachos and her friend, Mark Hardy, lead a group of participants on a hike through meadows, stream sides and forests at the Betsy-Jeff Penn 4-H Educational Center outside Reidsville. They are on the hunt for edible plants.

Zachos reaches out and brushes the new growth at the tips of a pine tree's branches.

"Warm the pine needles in olive oil and it gives a lemony flavor to the olive oil," she says. "Use it to sauté wild greens."

In a matter of a few minutes, the two leaders have pointed out four other different edible plants, illustrating the abundant foods and flavors growing all around us: wood sorrel, daylilies ("edible superstars"), a paw-paw tree and May Apples.

"If you ever find a wild May Apple fruit, grab it because it's delicious," says Zachos. "It's usually the size of a hen's egg." She cautions that every part of the umbrella-like plant is poisonous—even the green, unripe fruit—except for the ripened fruit, which appears in July.

Hardy chimes in: "The May apple has a flavor like the love child of the most celestial apple and a pear."

The hike is a part of the North Carolina Wild Foods Weekend, which has been bringing together foraging enthusiasts, both experienced and novices from as many as 13 states, for 43 years. It is held either the third or fourth weekend every April (adjustments are made to avoid Easter weekend).

"It has opened a whole new world for me," says Carolyn Quinn, co-coordinator of the event, who lives in Duplin County and is a member of the Four County EMC. Quinn is eager to share with others the wonders of what is available if they know where to look. "People can live off the land. There are things they can go out and eat [with proper preparation] and sustain themselves if they have to." She then ticks off a list for starters: "fiddlehead ferns, poke, curly dock, dandelions, wild mustard, chickweed greens, wild cherry, elderberries, cattails, bamboo shoots, wild purslane."

Eating from nature's garden

During the hike, Zachos asks the 15 or so people in her group if anyone sees any other edibles. Eight-year-old Emily Crawford quickly points out a wild violet, much to the delight of Zachos, who shares that violet foliage has a mild flavor, is good in salads and balances out the sharper taste of wild mustard greens, while the flowers make a lovely, edible garnish.

Opposite page: *Carolyn Quinn, Four County EMC, is co-coordinator of Wild Foods Weekend.*

Above: *Ellen Zachos (right) leads foragers of all ages on a hike at Wild Foods Weekend.*

Emily Crawford and her brother Gio were among the youngest foragers at Wild Foods Weekend. Emily started a wild foods club at her school.

Emily and her 10-year-old brother, Gio, are two of the youngest participants at the event, their interest in the plant world already ignited by next door neighbor Emanuel May, a former horticulture teacher who taught 30 years in Wake County. May is the event's co-coordinator with Quinn.

"We wanted to do this with the kids so they could get it in their blood," says Emily and Gio's mother, Mary Crawford. "Wild foods are all around us, and can be used as both nourishment and for their healing properties. We are trying to teach them to know their ingredients and where they come from so they can make better decisions throughout their lives."

Foragers split into groups after the hike to prepare dishes for an evening feast. Dishes exhibit creative flair featuring foraged ingredients in eight categories: bread and spreads, salads, soups, meats, vegetables, beverages, desserts and ice cream. Dishes include sassafras ginger soup, backyard venison stew, cream cheese watercress dip, tempura kudzu chips and tender poke shoots prepared like asparagus with a lemon butter sauce.

Gourmet survival food

While the focus of the hikes at Wild Foods Weekend is on edible plants, the group also benefits from wild game, which was killed in season, frozen and then contributed to the weekend by various participants.

The meat guru of the group is Bill Faust, and rightfully so. Faust owns and operates Bland's BBQ in Warsaw. He has been involved with the weekend since its beginning. Close to 50 years ago, Faust took a

John Sommerville helps young foragers crack walnuts for cinnamon black walnut ice cream.

Meat guru Bill Faust shows off venison ham.

> "I was so amazed that I could go out in the woods and gather up bushels of stuff to eat," Faust says.

eourse with Eeull Gibbons, who rose to fame in the 1960s and early 1970s for his baek-to-nature expertise, ineluding his book, "Stalking the Wild Asparagus." Gibbons went on to make guest appearanees on The Tonight Show with Johnny Carson and made a series of Grape Nuts eommercials.

Faust took the eourse to beeome better edueated in leading his Boy Seout troop on how to survive on food found in nature. He was hooked. "I was so amazed that I could go out in the woods and gather up bushels of stuff to eat," he says.

Along with his expertise, Faust eontributes frozen rattlesnake to the weekend. Early on Saturday, he winds the four feet or so length of the snake into a big pot of water where it will boil and simmer for elose to two hours. After it eools, partieipants will skin and debone it (yes, snakes have bones) and remove the vertebrae, which is used for jewelry.

The meat will be the star in Faust's popular rattlesnake salad (think chieken salad, but with rattlesnake). Other meat dishes feature venison, elk, rabbit, beaver and quail.

"Baek when we started it was 'survival food,' and now it's gourmet," says Faust.

New knowledge, new ideas

Ed Kessler eoordinated the Wild Foods Weekend event for 15 years. He eites the eamaraderie and the ehanee to learn as reasons to attend the event, both of whieh have been ealling John Sommerville baek year after year. Sommerville is one of the youngest hike leaders at 28 and has been attending Wild Foods Weekend sinee he was 15.

"I fell in love with it," he says. "I like everything about it—the amount of knowledge available to you in regards to what plant is medieinal, what is edible. There is a big pool of knowledge and new ideas. You learn new things about things you thought you already knew. I got taken under the wing. I felt ineluded and I was given the opportunity to provide leadership."

"I look forward to it more than my birthday and Christmas," he adds. "It's the most important weekend of my year."

Leah Chester-Davis loves to explore North Carolina from her home in Davidson. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, and lifestyle brands and organizations.

Learn from Experts: Don't Experiment!

A two-hour hike during the Wild Foods Weekend reveals dozens of plants that are edible and within easy access to most of North Carolina. But as the experts point out, foraging is not the time to experiment. Be overly cautious with edible wild foods and follow these tips:

- **Learn from experienced foragers.** Attend events such as the NC Wild Foods Weekend or the NC Herb Association's Wild Herb Weekend, usually in July. "There is nothing that takes the place of a hands-on plant walk," says foraging expert Ellen Zachos.
- **Rely on proven references.** One of the most cited authors is Samuel Thayer, who has written two books: "The Forager's Harvest" and "Nature's Garden." Zachos's book, "Backyard Foraging," includes wild and landscape plants. Mike Krebill's book, "The Scout's Guide to Wild Edibles," is a handy, pocket-sized edition. Another is "Newcombe's Wildflower Guide."
- **Search online for experts.** Krebill recommends eattheweeds.com; search for foraging instructors.
- **Never eat anything you're not 100 percent sure about.** This is not the time to experiment. Sometimes one part of a plant may be edible but another part may be poisonous. Some plants, such as poke, must be cooked before eating.
- **Plan ahead.** Ask permission to forage on others' property, including public parks.

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Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®, Nexium®, and Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body – even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE **1-800-443-6858** and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Considering Leasing a Car?

Mull your options with these need-to-know nuggets

If you're in the market for a new car, you might be thinking about leasing instead of buying. Leasing can offer several advantages. However, there can be more than meets the eye in some offers. Here are some factors that are good to know.

1 Cash upfront. While it's true that monthly payments typically are lower when leasing, you'll still need cash for a down payment. (That's unless the dealer waives it, which usually means your monthly payment will be higher.) Other upfront costs, all due at signing, include taxes, registration and tags.

2 Bells and whistles cost extra. Advertised lease specials are often for the base model—not the one with the latest navigation and safety packages. In these cases, adding on extras will cost more.

3 You won't own an asset. Leasing is basically renting a car for a period of time, from two up to five years. Unlike buying a car, you won't have an asset when your lease ends. You'll have a decision to make: pay the residual value (the car's value at the lease's end) to own the car outright, finance the residual or turn in your leased car for another. Regardless, you'll again need cash for a down payment and other upfront costs for your next lease.

In contrast, buying a car means you'll have a definitive end to monthly payments. Once your loan is paid off, you can put that money toward savings or paying down debt. Or, you can use your car as a trade-in on another ride or sell it.

4 Early termination charges. If you get halfway through your lease and decide it's not for you, you'll likely be charged for early termination. In some cases, you might be required to continue to pay all regularly scheduled payments.

5 Mind your miles. Most leases cap mileage, often between 12,000 and 15,000 miles per year for a total of 36,000 to 45,000 miles. Driving over this limit could cost you roughly 10 to 25 cents per mile, depending on the contract.

If you drive 30 miles round-trip for your commute, you're traveling 150 miles over a five-day workweek. Factoring in a two-week vacation, you use 7,500 miles just driving to work each year. So, estimate your likely mileage for work and personal use, including road trips.

Tools & Resources

The benefits of leasing include trying out a new model car every few years, enjoying the latest auto tech and avoiding hefty repair bills associated with owning an older car.

Run the numbers for your particular finances. Free online calculators help you compare the cost of leasing versus owning (see box).

The North Carolina Department of Justice's website provides pros and cons of owning versus leasing cars (bit.ly/lease-or-buy). There, you'll also see links to related consumer information, including advice for negotiating car leases and loans.

—Brandpoint

Lease vs. own

Free online calculators

- Bankrate.com
  bit.ly/bankrate-calculator
- Navy Federal Credit Union
  bit.ly/nfcu-calculator

While it's important to balance screen time with other activities, technology can help preschoolers improve key skills.

Is your preschooler ready?

Kindergarten is the New First Grade

When you think back to your own kindergarten experience, it probably involved a half-day program and plenty of fun activities—finger painting, sand play and nap time. Perhaps the hardest parts were learning the alphabet and counting to 100.

Fast forward to today. Kindergartners often already know their ABCs and have solid counting skills before their first day of school. If they aren't reading when they begin the school year, they're certainly expected to be doing so by the end.

New research from the University of Virginia compared kindergarten and first-grade classrooms between 1998 and 2010, and found that kindergarten classes have become increasingly like first grade, with more time spent on academic instruction and, ultimately, higher educational expectations.

To help pre-K kids improve core learning skills and get them excited about school, it's important to find fun, age-appropriate ways to help them learn. Consider these ideas for preparing kids ages 3 to 6 for kindergarten.

Fine motor skills

Fine motor actions include holding a pencil correctly, tying shoes and sorting small objects. One of the easiest ways to encourage your child's fine motor development is by providing lots of opportunities to color and write. Make crayons and paper readily available and let his or her imagination take off. When children try to draw a bird or create patterns, they are also preparing themselves for the classroom.

Educational apps

While it's important to monitor and balance screen time, technology helps educate kids. "Preschool Academy" by IntellectoKids is among many educational apps that help kids learn the alphabet and develop skills like sorting, counting and critical thinking—the foundations for math and reading. When considering apps, look for ones that make learning fun, are free of ads, allow customization and regularly add fresh activities.

Reading

Language is a focus in kindergarten. Make reading a daily activity with your child, including new books and older classics like "Chicka Chicka Boom Boom" and "Harold & the Purple Crayon." Foster a love of books by visiting your local library and bookstore and download digital books, too.

Activities outside the home

Preschools provide introductory education in writing and math, but students also have time to play and learn about the world around them. What's more, kids learn proper social etiquette and how to follow classroom rules such as sitting still in a seat and raising a hand to ask a question.

If preschool isn't possible before school begins, consider signing up your child for a short, educational day camp or join a playgroup. Visit the library for story time, and encourage social interaction with new kids at the playground.

—Brandpoint

Little Spaces, Big Impact

Six trending ideas for patios and decks

If you have a small outdoor space, there's probably a lot more potential in transforming it than you might believe. Here are six design ideas to bring your area to life while maximizing the space.

1 Rugs

Add visual interest with a patterned rug. A rug properly placed under a table can break up a smaller floor, giving the illusion of more square footage. Colored rugs are readily available in striped, chevron, floral and paisley patterns. Lay one down and see what a difference it makes in defining your space.

2 Go vertical

To get the most out of a limited space, think upward instead of outward. Hanging plants are a classic option, but vertical wall gardens secured on a wall are a top trend that's sure to be a conversation starter. You'll enjoy plenty of greenery and your open floor space, too.

3 Pieces that multi-task

To get the most out of every inch of your petite space, look for furniture and features that multi-task to help save space while maximizing functionality. For example, opt for a bench to hold blankets or cushions or a table that doubles as a beverage cooler. Remember to keep scale in mind so you don't overwhelm your space with massive furniture.

4 Water features

The elegance, gentle gurgle and sparkle of a flowing water feature can add a sense of peacefulness to a space. Consider purchasing a tabletop or standalone fountain. You can also make your own fountain with a pump, a decorative waterproof container or planter and pretty pebbles. Pumps on the market include smartpond's Low Water Shut-off Fountain Pump, which automatically shuts off if the water becomes too low, preventing pump burnout.

5 Mix it up

Eclectic design is trending, and there's no need to match everything up. Combining styles can be freeing and fun. A great way to try this trend is by experimenting with different materials and finishes. Consider setting black resin pots next to handwoven wicker for a blend of textures, or mixing stripes with solids. Another approach: choose pieces for their individuality. For example, end tables don't have to match each other as long as they work with the overall décor.

A gently bubbling fountain can be lovely and relaxing.

Bright accent pillows will liven up your patio.

A vertical wall garden saves space and adds greenery.

6 Vibrant colors

A small space doesn't have to have muted colors, as some believe. Vibrant hues inject energy and style, often making a small patio feel larger than it is in real life. From ocean blues to bright fuchsia, an accent pillow here and a throw blanket there will transform your space dramatically.

—Brandpoint

Want to Avoid 'Pour' Choices?

These promising pairings help you match wine with dessert

When it comes to pairing wine with food, desserts can pose a special challenge. The variety of flavor combinations can make it hard to find the perfect selection to serve with your sweet treat.

While there's no exact science to pairing, these recipes (courtesy of the National Honey Board) include wine pairing tips. Serving up lemon bars or meringue pie? Lemon flavors can sometimes be polarizing, but an equally citrusy wine can work wonders. Try a pinot grigio or a sauvignon blanc.

New York-Style Honey Cheesecake

Pair this honey cheesecake with a crisp white wine like chardonnay.

- 2 cups graham cracker crumbs
- ½ cup butter or margarine, melted
- 4 packages (8 ounces each) cream cheese
- ¾ cup honey
- ¼ cup flour
- 5 eggs
- ⅓ cup heavy cream
- 1 tablespoon lemon zest, grated
- 1 teaspoon vanilla
- Fresh berries, for garnish
- Fresh mint, for garnish

Preheat oven to 350 degrees.

For crust

In a small bowl, stir together graham cracker crumbs and butter until well-blended. Press mixture evenly onto bottom and sides of greased 9-inch springform pan; set aside.

For filling

In an electric mixer bowl, combine cream cheese, honey and flour. Beat until smooth. Add eggs one at a time, beating well after each. Beat in cream, lemon zest and vanilla.

Pour cream cheese mixture over crust; bake 15 minutes. Lower oven temperature to 200 degrees and bake 1 hour and 30 minutes longer, or until center no longer looks shiny.

With oven off and door ajar, let cheesecake cool one hour in oven.

Refrigerate cheesecake at least 4 hours before serving. Garnish with fruit and fresh mint.

Honey Devil's Food Cake

For a richer delicacy like this devil's food cake, try a fruit-forward, easy-drinking red varietal or a bubbly prosecco.

- 1½ cups all-purpose flour
- 1½ cups unsweetened cocoa powder, divided
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 cups honey, divided
- ½ cup 2 percent low-fat milk
- ½ cup vegetable oil
- 2 eggs
- 3 teaspoons vanilla extract, divided
- 1 cup just-boiled water
- 1 cup heavy whipping cream
- Milk chocolate shavings, for garnish

Preheat oven to 350 degrees. Grease and flour two 9-inch cake pans.

In a large bowl, combine flour, 1 cup cocoa powder, baking soda, baking powder and salt. Add 1½ cups honey, milk, oil, eggs and 2 teaspoons vanilla; beat 2 minutes. Gradually beat in hot water.

Divide batter between pans. Bake 25–30 minutes, or until sides pull away slightly from pan and toothpick inserted in center comes out clean. Cool 10 minutes. Turn onto wire racks and cool completely.

For frosting

In a medium bowl, combine remaining cocoa powder, honey and vanilla, and cream. Beat until thick and fluffy.

To assemble, spread frosting evenly over sides and top of one cake layer. Place second cake layer on top. Spread remaining frosting over sides and top.

Garnish with milk chocolate shavings.

—FamilyFeatures.com

More wine pairing questions?

Find more tips on pairings, as well as information about North Carolina's many wineries and tasting events at ncwine.org.

Also visit winefix.com to learn what wine goes best with tailgating food, pizza, chocolate and more.

Volunteers Swim/Bike/Run Against Diabetes

A youth triathlon makes community health trends a priority

By Gordon Byrd
Photos by Tri-Warriors

Volunteers cheer on a runner at the finish line.

Mike DeCinti sits in the Lumbee Guaranty Bank headquarters on a Tuesday night. He and a handful of dedicated locals are planning the 2017 Youth Triathlon for this August. As they plan, memories of past races make this first meeting of the year an enjoyable one for the group.

"One boy, just before getting in the pool, smiled at me and said: 'I don't know how to swim,'" DeCinti remembers. "But he did well, and a volunteer stayed with him until he was out of the water."

The Tri-Warriors of Robeson County have organized this event for boys and girls for the past seven years. DeCinti and others launched the event as a way to turn the tide on a widespread health problem in their community.

From 2010 to 2014, Robeson County deaths attributed to diabetes were twice the state average, according to a county health report. Diabetes is locally known as "Sugar," and health promotion is aimed at reducing diabetes cases starting with younger generations. DeCinti and the others at the table tonight are trying to do their part for these young people.

"We all want to see our young people engaging in healthy activities. Kids already enjoy swimming, biking and running; we just put those three together and cheer them on," explains Bryan Maynor, a triathlete, organizer and COO of Lumbee Guaranty Bank.

At this year's event, like previous years, young triathletes will swim in the UNC Pembroke pool and then head out to bike on and around Pembroke's campus. The final leg of the race is a flat and well-shaded run around and through the nation's first public school founded by and for American Indians. This first step towards a healthier lifestyle is an easy one to take—the distances are a reasonable challenge for all ages.

DeCinti and his fellow organizers talk logistics, sponsorships and volunteers for the big day. "You can't leave even the smallest detail until the last minute. It wouldn't be best for the kids," DeCinti says as he pores over spreadsheets and checklists.

Jobs are handed out like dinner plates to those around the table, who have supported the event since its start. Windy Christy will ask for volunteers at a local fitness club; Terry Oxendine will call a few local restaurant owners who donated last year; Grady Hunt, a lawyer, will look into securing the insurance policy. The list of things to do is overwhelming, but the community reminds them of the value of their hard work.

"As both a father of a participant and an owner of a local business, it was an easy decision for me to help sponsor this amazing event," says Josh Whitley, owner of State Farm in Lumberton "The Tri-Warriors put on one of the best youth races in the state, and they have created an interest in triathlon that would not have otherwise existed in this county."

The organizers are working for more than just a fun time for kids, with the event aimed at generating interest among youth who are threatened by diabetes. And so far, the Tri-Warriors' goal is being accomplished.

"I love this race," says Haley George, a 13-year-old girl who has competed every year since the triathlon began. "Since the first race, I've started to do other regional events, but this one, by far is the best."

Donations the Tri-Warriors receive also go to benefit local children. This year, all donations will be given to an organization who is helping the children of families affected by Hurricane Matthew, which devastated Robeson County and the surrounding area less than a year ago.

Details, registration and sponsorship information for the 2017 Youth Triathlon, held August 26 at the UNC Pembroke Campus, is online at triwarriors.com or facebook.com/triwarriors. For more information, contact Mike DeCinti, race director, at 910-827-2439.

Gordon Byrd is a veteran who works for UNC Pembroke. He tries to keep things interesting with a little homebuilding, some writing, triathlons and a lot of time with his family and church.

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- Great outdoor accent lighting
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2 TON FOLDABLE SHOP CRANE

Customer Rating ★★★★

SAVE $120

- Boom extends from 41" to 61-3/4"
- Crane height adjusts from 73-5/8" to 89"

$179.99

~~$229.99~~ Compare $299.99

ITEM 60388/69514 shown

30599534

LIMIT 5 - Coupon valid through 11/30/17*

Haul Master — SUPER COUPON

TRIPLE BALL TRAILER HITCH

Customer Rating ★★★★★

SAVE 53%

$19.99

Compare $42.98

~~$31.99~~

ITEM 61914

30604267

LIMIT 5 - Coupon valid through 11/30/17*

CENTRAL PNEUMATIC — SUPER COUPON

3/8" x 50 FT. RETRACTABLE AIR HOSE REEL

Customer Rating ★★★★½

SAVE $170

$59.99

~~$89.99~~ Compare $229.99

ITEM 69265/62344/93897 shown

30606810

LIMIT 3 - Coupon valid through 11/30/17*

COVERPRO — SUPER COUPON

10 FT. x 17 FT. PORTABLE GARAGE

Customer Rating ★★★★

SAVE $113

$169.99

~~$199.99~~ Compare $283.50

ITEM 62859/63055/62860 shown

30607497

LIMIT 5 - Coupon valid through 11/30/17*

Haul Master — SUPER COUPON

12 VOLT MAGNETIC TOWING LIGHT KIT

Customer Rating ★★★★

SAVE 71%

$9.99

Compare $34.95 ~~$18.99~~

ITEM 63100

30613873

LIMIT 7 - Coupon valid through 11/30/17*

SUPER COUPON

Customer Rating ★★★½

6 FT. x 8 FT. ALUMINUM GREENHOUSE

SAVE $360

$219.99

~~$299.99~~

ITEM 69714/63354/47712 shown

Compare $579.99

30626066

LIMIT 5 - Coupon valid through 11/30/17*

HARDY — SUPER COUPON

POWDER-FREE NITRILE GLOVES PACK OF 100

Customer Rating ★★★★★

- 5 mil thickness

SIZE	ITEM
MED	68496/61363
LG	68497/61360
X-LG	68498/61359

Item 68498 shown

SAVE 53%

YOUR CHOICE $5.99

~~$7.99~~

Compare $12.99

30626635

LIMIT 8 - Coupon valid through 11/30/17*

BADLAND Battle Tested — SUPER COUPON

2500 LB. ELECTRIC WINCH WITH WIRELESS REMOTE CONTROL

Customer Rating ★★★★

SAVE $70

Voted Best Winches

$49.99

Compare $119.99

~~$77.99~~

ITEM 61840/61297/63476/61258 shown

30628142

LIMIT 5 - Coupon valid through 11/30/17*

PREDATOR — SUPER COUPON

SAVE $230

6.5 HP (212 CC) OHV HORIZONTAL SHAFT GAS ENGINE

Customer Rating ★★★★★

$99.99

ITEM 60363/69730
ITEM 69727 shown
CALIFORNIA ONLY

~~$119.99~~ Compare $329.99

30629511

LIMIT 5 - Coupon valid through 11/30/17*

THUNDERBOLT MAGNUM solar — SUPER COUPON

100 WATT SOLAR PANEL KIT

SAVE $227

NEW

2X MORE POWER

RENEWABLE ENERGY, ANYWHERE

$149.99

~~$189.99~~ Compare $377.56

ITEM 63585

30648544

LIMIT 5 - Coupon valid through 11/30/17*

SUPER COUPON

13" x 31-1/4" COOLING TOWEL

Customer Rating ★★★★½

NEW

SAVE 49%

$4.99

~~$8.99~~ Compare $9.97

ITEM 62635

30630113

LIMIT 9 - Coupon valid through 11/30/17*

CEN-TECH — SUPER COUPON

12 VOLT, 2/10/50 AMP BATTERY CHARGER/ ENGINE STARTER

Customer Rating ★★★½

SAVE 57%

$29.99

Compare $69.99 ~~$49.99~~

ITEM 60581/60653 shown

30635858

LIMIT 4 - Coupon valid through 11/30/17*

---

drill master — SUPER COUPON

80 PIECE ROTARY TOOL KIT

SAVE 61%

$6.99

~~$9.99~~ Compare $17.99

ITEM 63292/63235/68986
69451/97626 shown

30642813

LIMIT 6 - Coupon valid through 11/30/17*

CENTRAL MACHINERY — SUPER COUPON

10 TON HYDRAULIC LOG SPLITTER

Customer Rating ★★★★½

SAVE $30

$89.99

ITEM 62291
67090 shown

~~$119.99~~ Compare $119.99

30642830

LIMIT 5 - Coupon valid through 11/30/17*

CHICAGO ELECTRIC WELDING — SUPER COUPON

ADJUSTABLE STEEL WELDING TABLE

Customer Rating ★★★★½

SAVE $80

$59.99

~~$74.99~~ Compare $139.99

ITEM 63069/61369 shown

30662444

LIMIT 4 - Coupon valid through 11/30/17*

PITTSBURGH AUTOMOTIVE — SUPER COUPON

3 TON HEAVY DUTY STEEL JACK STANDS

Customer Rating ★★★★★

SAVE 64%

$17.99

~~$21.99~~ Compare $49.99

ITEM 62392/69597/38846/61196 shown

30667892

LIMIT 5 - Coupon valid through 11/30/17*

Bunker Hill Security — SUPER COUPON

WIRELESS SECURITY ALERT SYSTEM

Customer Rating ★★★★

SAVE 68%

$9.99

~~$14.99~~ Compare $31.46

ITEM 69590/61910/62447/93068 shown

30668293

LIMIT 8 - Coupon valid through 11/30/17*

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*Original coupon only. No use on prior purchases after 30 days from original purchase or without original receipt. Valid through 11/30/17.

At Harbor Freight Tools, the "Compare" or "comp at" price means that the same item or a similar functioning item was advertised for sale at or above the "Compare" or "comp at" price by another retailer in the U.S. within the past 180 days. Prices advertised by others may vary by location. No other meaning of "Compare" or "comp at" should be implied. For more information, go to HarborFreight.com or see store associate.

I Remember

Memories and photos from our readers

Lydia Tilley (bottom right) at a family picnic

Althea Jones (right) with her sister, Wanda, in November 2008

The Last Picnic of Summer

It was the last days of summer, what we called the dog days of summer 1962. School would be starting soon and another summer would be gone. My family enjoyed that last picnic at Doughton Park on the Blue Ridge Parkway before summer was over.

Doughton Park was a favorite spot for my family to come together and enjoy the park and spend time there. Every year we would enjoy the beauty of the Blue Ridge Mountains and play in the meadows around the picnic area of the park. It was a place that my mother taught us that we could come and enjoy what God had made, spend time with family and as a child feel that life was wonderful.

We not only had the park, but this was a time when cousins, aunts and uncles came together as a family to spend time with each other. Some of the family lived just down the road; others would come from other states to visit and spend time with us. It was always a special occasion to have the time to enjoy our family gatherings and be blessed with such beautiful places like Doughton Park.

Lydia Tilley, Roaring River, a member of Surry-Yadkin EMC

Driver's Ed Worthwhile

This picture was made in 1965 of me in my daddy's black Buick car. I had just taken Driver's Education at Lilesville School, which included learning in class, changing a tire and driving with a clutch. Driver's Education was such a privilege back then.

Dorothy Steele, Lilesville, member of Pee Dee Electric

A Premonition Comes True

One morning after breakfast, my husband mentioned he had a dream about a lady we picked up on the highway. He did not know who she was because her head was down and she wore a wide-brimmed hat. Excited, I asked if her voice was old or young. He replied the only thing she would say is "I'm so so tired." I kept asking him, "who do you think it was or what does the dream mean?" He replied very seriously, "I think someone is going to go home with the Lord."

Now this concerned me because mom had a pacemaker and recent hip surgery. Then I thought about my baby sister, Wanda, who had been in and out of the hospital in Rochester, New York. I booked a flight the week of Thanksgiving to fly up north. My niece, Lisa, picked me up at the airport and we went straight to her mom's house (my older sister). A car was parked down the driveway right in front of the garage. Once inside I said hello to everyone, my mom, my sister and nieces; then, lo and behold, my baby sister came out of the back room near the back door. She said "Surprise!"

I dropped to my knees and said to myself, "Oh No! it was you in the dream with the wide brim hat." I hugged her so hard and long until she laughed about me squeezing her so tight!

That was the last time I saw Wanda alive. She passed right before Christmas that same year. I enjoy this picture because we were able to share one last precious moment together.

Althea Jones, Stedman, member of South River EMC

Send Us Your Memories We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay $50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

ADVERTISEMENT

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Greensboro , NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at **www.septicleanse.com** or you can order or learn more by calling **toll free at 1-888-899-8345.** If you use the promo code "NCS2", you can get a free shock treatment, added to your order, which normally costs $169. So, make sure you use that code when you call or buy online.

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*Awarded as a $50,000.00 credit towards the construction of a Morton Buildings building of winner's choice (subject to Sponsor's approval). NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. Open to legal residents of the 48 contiguous United States and D.C. who are 21 years of age or older who own land within the Morton Buildings service area (excludes all of Arizona, California, Nevada, New Mexico, Oregon, Utah, and Washington). Sweepstakes starts at 12:00:01 a.m. CT on July 11, 2017 and ends at 11:59:59 p.m. CT on October 19, 2017. Void where pro... See official rules at www.MortonBuildingSweepstakes.com for ... details. Sponsored by: Morton Buildings, Inc., Morton, IL. ©2017 Morton ... A listing of GC licenses available at mortonbuildings... censes.

Tar Heel Tidbits

For the young (and young at heart)

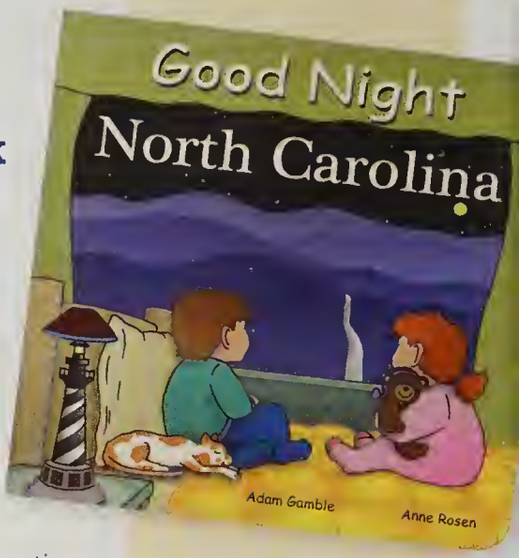
Watermelon Ice Pops

Heat getting to you? Kick back with this simple snack. BTW: Watermelon can be a tasty addition to salads and smoothies. Find more recipes at watermelon.org.

Slice a watermelon into triangular wedges, about ½ to 1 inch thick, with seeds removed (cut as many slices as you need—one wedge per serving). Insert popsicle sticks into the rind of each slice and enjoy!

Source: FamilyFeatures.com

Bedtime Board Book



This little book is designed to instill an appreciation in young children for NC's landmarks, music and food. Using rhythmic bedtime language, "Good Night North Carolina" takes readers on a journey that mentions popular places such as the Great Smoky Mountains, NC Zoo, Cape Hatteras Island and Mile High Swinging Bridge at Grandfather Mountain. Written by Adam Gamble, illustrated by Anne Rosen. 20 pages, $9.94, e-book $8.95. 800-843-2665 or goodnightbooks.com or barnesandnoble.com

EASY & INEXPENSIVE

DIY Solar Eclipse Projection Viewer

The total solar eclipse on Monday, August 21, is a once-in-a-generation event. The path for the total eclipse spans a portion of western NC, but folks elsewhere in the state will be able to view a partial eclipse.

To view the eclipse directly, you need eye protection certified for safe viewing. A safe method for viewing an eclipse indirectly is by a projection viewer. Here's how to make and use an easy one:

Get two stiff, but thin, pieces of white cardboard (uncoated paper plates will work). Use a pin or thumbtack to punch a smooth, small, round pinhole in the center of one piece. Stand with your back to the sun. Hold up the pin-holed piece so the sun shines on it. Place the second piece, which acts as a screen, on the ground in front of you or hold it so that an inverted image of the sun is projected onto it. Only use this viewer with your back to the sun. ***Never look through the pinhole at the sun!***

For more about the solar eclipse, including great viewing places in the path of totality, see page 38.

carolinacountry.com/extras
The pros at NASA walk you through another pinhole projector design in this video.

N.C. Department of Transportation

Hop on Board!

Special $5 kids fares available

Families looking for summer adventures can enjoy a $5 train fare on the Piedmont and Carolinian train lines in NC. Depending on which line they select, boarding choices include Kannapolis, Salisbury, Burlington, Selma, Wilson and Rocky Mount.

The discount fare, which runs through Thursday, August 31, is valid for travel on Tuesdays, Wednesdays, Thursdays and Saturdays. The one-way $5 fare is good for up to two children ages 2 to 12 with the purchase of a regularly priced adult ticket. To book tickets, visit NCByTrain.org and use discount code V626, or call Amtrak at 800-872-7245 (where you can request live assistance).

H2OOBX Waterpark

New Waterpark at Outer Banks

Vacationers, locals and waterpark enthusiasts have been having a splashtastic time at H2OBX, a new state-of-the-art attraction in Powells Point. H2OBX, themed to embrace the area's history and culture, offers more than 30 rides, slides and attractions.

Designated family rides include Calico Jack's Cove, a multi-level, pirate-themed play structure and Deep Six Adventure Lagoon, which includes a large climbing wall and aqua basketball courts. Children's attractions include slides at The Swooping Seagull and Osprey Landing. Thrillseekers can drop nine stories in free fall on the adrenaline-inducing Paradise Plunge and brave a fearsome squall on Stormchaser.

H2OOBX Waterpark

H20BX, which launched in late June, is on 20-plus acres on US Highway 158. It's about a 15-minute drive from Kitty Hawk, or three miles from the Wright Memorial Bridge (the northern gateway to the Outer Banks). General admission: $49 for persons over 42 inches tall; $44.99, under 42 inches tall; children under age 2 admitted free. Discounts are available to the military and to those who stay with the waterpark's lodging partners or reside or work in Dare or Currituck county. Restrictions apply: Call 252-491-3000 or check the website (h2obxwaterpark.com) for details.

H2OOBX Waterpark

North Carolina Parks and Recreation

Baum with Jockey's Ridge in the background, circa 1973.

GETTING TO KNOW

Carolista Fletcher Baum

On August 15, 1973, Baum placed herself in the path of a bulldozer removing sand from Jockey's Ridge and refused to move. She had received word about it from her children, who climbed the large dune in Nags Head for its spectacular views.

Though local groups had talked about protecting the dune from encroaching development, the determined, fiery Baum became the driving force that made the idea a reality. She helped form the People to People to Preserve Jockey's Ridge, raising money and organizing petition drives.

In 1973, the Division of Parks and Recreation issued a report in favor of preserving Jockey's Ridge as a state park. Baum died in 1991, knowing she had made a big difference. And today, Jockey's Ridge State Park has the tallest natural sand dune in the eastern United States.

Have a laugh!

Q: What do you call having your grandma on speed dial?

A: Instagram!

August events

Reevestock Music Festival
Aug. 4–5, Elkin

Mountains

Book Signing
Author Tim Barnwell
Aug. 4, Asheville
828-253-7651
grovewood.com

Wet Felting Demos
Kendall White
Aug. 4, Asheville
828-254-2068
sales@galleryofthemountains.com

Reevestock Music Festival
Includes bluegrass, rock, country
Aug. 4–5, Elkin
336-469-0371
reevestock.com

Mt. Mitchell Crafts Fair
Food, music
Aug. 4–5, Burnsville
828-682-7413
yanceychamber.com

The Backyardigans
Costumed characters for kids
Aug. 4–6, Blowing Rock
877-898-3874
tweetsie.com

Music on Main
Aug. 4, Sparta
336-372-5473
bit.ly/music-on-main

SoundBites Food & Music Festival
Benefit at fairgrounds
Aug. 5, Lenoir
828-215-0859
bit.ly/SoundBitesFest

Yestival
Yes hits, guest Todd Rundgren
Aug. 5, Boone
828-262-4046
appsummer.org/schedule

Strictly Strings
Summer Music Series
Aug. 5, Todd
828-263-6173
toddnc.org

Art in the Park
Aug. 12, Blowing Rock
828-295-7851
blowingrock.com

Shagging at the Rock
Live bands
Aug. 12, Blowing Rock
828-295-7111
theblowingrock.com

Riders In The Sky
Western music, comedy
Aug. 12–13, Blowing Rock
877-898-3874
tweetsie.com

Rhythm & Brews
Concert, kids activities
Aug. 17, Hendersonville
828-233-3216
visithendersonvillenc.org

Dirty Dancing Festival
Food, live music
Aug. 18–19, Lake Lure
828-286-9977
dirtydancingfestival.com

Worthless Son-in-Laws
Summer Music Series
Aug. 19, Todd
828-263-6173
toddnc.org

Festival by the River
Crafts, rubber duck race
Aug. 19, Creston
336-977-2157
georgezellersierraleone@yahoo.com

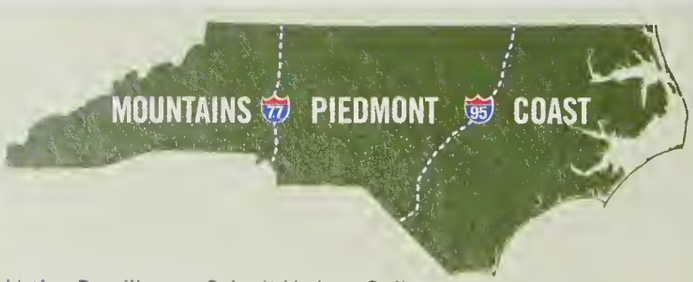
Heritage Festival
Music, military displays
Aug. 19, Lake Toxaway
828-966-4060
toxawaycc.com

Eclipse Party
Science talks, face painting
Aug. 19–21, Gorges State Park, Sapphire
828-966-9099
friendsofgorges.org

Railroad Heritage
Aug. 26–27, Blowing Rock
877-8998-3874
tweetsie.com

Mt. Mitchell Crafts Fair
Aug. 4–5, Burnsville

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.



Listing Deadlines:
For Oct.: Aug. 25
For Nov.: Sept. 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

ONGOING

Charity Horse Show
Hunter Jumper II
Aug. 1–6, Blowing Rock
828-295-4700
brchs.org

Jam Session
Fridays, Lake Toxaway
929-966-4060
toxawaycc.com

Street Dances
Aug. 7 & 14, Hendersonville
800-828-4244
visithendersonvillenc.org

Art Exhibition
Aug. 12–Sept. 22, Valdese
828-879-2129
rockschoolartgalleries.com

Piedmont

National Night Out
Games, giveaways
Aug. 1, Roxboro
336-599-8345
bit.ly/nno-roxboro

Community Yard Sale
Animal protection benefit
Aug. 4–5, Roxboro
(336) 599-1976
apsofpc.org

After Five
Country singer Kasey Tyndall
Aug. 11, Fayetteville
910-323-1934
faydogwoodfestival.com

Screen on the Green
Monthly movie
Aug. 11, Spring Lake
910-436-0011
bit.ly/screen-on-the-green

Art Reception
Artwork, photography
Aug. 11, Roxboro
336-597-1709
personcounty.net

Historic Tours by Carriage
Aug. 12, Fayetteville
910-222-3382
visitdowntownfayetteville.com

The Crossing
Fundraiser at Lake Gaston
Aug. 12, Littleton
252-702-8235
osail.org

Constellations & Meteor Shower
Viewing, learn about legends
Aug. 12, Fayetteville
910-433-1579
fcpr.us/parks-trails/parks/clark-park

Swing on!
Big band concert
Aug. 13, Asheboro
336-626-1240
sunsettheatre.org

Tri-Warriors Youth Triathlon
Aug. 26, Pembroke

Latin Soiree
Dancing showcased at garden
Aug. 17, Fayetteville
910-486-0221
capefearbg.org

National Airborne Day Celebration
Displays, period reenactors
Aug. 19, Fayetteville
910-643-2778
asomf.org

Gathering of Nations Powwow
The Return of Redhawks
Aug. 25–27, King
336-416-4913
bit.ly/KingCity-Powwow

Tri-Warriors Youth Triathlon
Race around university campus
Aug. 26, Pembroke
910-827-2439
triwarriors.com

Umoja Festival
Storytelling, vendors
Aug. 26, Fayetteville
910-485-8035
umojafaync.org

ONGOING

Tiny Titans: Dinosaur Eggs and Babies
Hands-on exhibit
Through Aug. 20, Mt. Airy
336-786-4478
northcarolinamuseum.org

Serious Fun
Jewelry, fiber art, paintings
Through Aug. 20, Hillsborough
919-732-5001
hillsboroughgallery.com

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Coast

Saltwater Gold
Outdoor concert
Aug. 4, Atlantic Beach
252-726-3775
friendsoffortmacon.org

Badfish—A Tribute to Sublime
Outdoor concert
Aug. 12, Manteo
252-475-1500
badfish.com

National Honeybee Day Celebration
Dancers, observation hive
Aug. 19, Goldsboro
919-920-0637
jodaniels@nc.rr.com

Summer Send Off Concert
Artisan vendors
Aug. 23, Manteo
252-475-1500
roanokeisland.com

ONGOING

The Sound of Music
Governess inspires children
Through Aug. 5, New Bern
252-259-3057
rivertowneplayers.org

Sunday in the Park
Concert series
Aug. 6–20, Greenville
252-329-4567
greenvillenc.gov

There are more than 250 farmers markets in North Carolina. For one near you, visit bit.ly/NCfarmmarkets

Countdown to the Eclipse

North Carolina prepares for a rare celestial event

By Myra Wright

On a summer afternoon this August, a remarkable celestial event will occur across the United States. Views of the August 21 total solar eclipse will sweep the country from the Pacific to Atlantic coasts for the first time since 1918.

The best spots for viewing the eclipse will occur within the "path of totality" (where observers will see the Moon completely cover the Sun), which will span a portion of western North Carolina. Skies will darken for up to two and a half minutes in Cherokee, Clay, Graham, Macon, Jackson, Swain and Transylvania counties, including part of Great Smoky Mountains National Park.

The length and time of the eclipse will vary based on your location. Sylva will experience darkness for one minute, 45 seconds while Cashiers will have totality for two minutes, 23 seconds beginning at approximately 2:34 p.m. For those in its path, excitement is building for this once-in-a-lifetime event.

"For many, this will be the first and only total solar eclipse they will witness in their lifetime," says Nick Breedlove, tourism director of Jackson County. "Generally, the average time between total solar eclipses in major cities across the U.S. is a few hundred years."

With this unique opportunity, several North Carolina organizations, cities and towns are hosting eclipse viewing parties and special events. Many events such as the one at Pisgah Astronomical Research Institute, a nonprofit astronomical observatory in Rosman, have already sold out.

Here are a few additional events to consider within the path of totality.

Brevard College Viewing Event
One Brevard College Drive, Brevard
The public can view the eclipse on the lawn at the college's entrance.

Eclipse Weekend at Brevard Music Center
349 Andante Lane, Brevard
A four-day celebration is planned beginning August 18. Highlights include a concert from Lyle Lovett, film screenings, BBQ, live music and more.
brevardmusic.org

Eclipse Fest
Crossroads of U.S. Hwy 64 and NC 107, Cashiers
The Village Green Commons in Cashiers is hosting a community festival with special viewing equipment at the gazebo and lawn. The event will begin at noon.
villagegreencashiersnc.com

The Solar Eclipse Train
226 Everett St., Bryson City
The Great Smoky Mountains Railroad will depart the Bryson City Depot at noon on Aug. 21 and travel to Dillsboro. The round-trip excursion will last five hours with a layover in Dillsboro for the solar eclipse. The event is sold out; check for cancellations online.
gsmr.com/events/solar-eclipse

carolinacountry.com/extras
After witnessing the solar eclipse, take time for a little adventure in the southern NC mountains, which offers small town exploring, hiking and paddling. Watch Senior Associate Editor Renee Gannon paddle along the whitewaters of the Tuckaseegee River outside of Dillsboro.

Protect Your Eyes

Whether you are in the path of totality or viewing the partial eclipse in another location, you will need eye protection certified for solar viewing. You can order special eclipse viewing glasses from several online sites such as eclipse2017.org, or find instructions for making an easy, safe projection viewer in Tar Heel Tidbits on page 34.

Franklin's Total Solar Eclipse Block Party
Downtown Franklin
Live music, a water slide for the kids, and an eclipse viewing station are some of the draws to Franklin's block party from 1 to 6 p.m.
franklinnc.com/franklin-nc-solar-eclipse-2017.html

The Eclipse at Gorges State Park
976 Grassy Ridge Road, Sapphire
The park will host three days of events Aug. 19–21. Enjoy food, exhibitors and live music.
bit.ly/GorgesSP

Downtown Sylva Eclipse Festival
Bridge Park, Sylva
Beginning on Friday, Aug. 18, Sylva offers live music, food trucks, demonstrations and eclipse viewing in Bridge Park.
bit.ly/SylvaEclipse

Unable to travel to the path of totality? You'll still be able to see the partial eclipse. The moon's shadow is expected to cover 98 percent of the sun in Charlotte, 94 percent in Winston-Salem and 93 percent in Raleigh.

To find out the percentage where you live and for more information about the eclipse, visit eclipse2017.nasa.gov.

Myra Wright is a North Carolina-based freelance writer. She enjoys exploring the state with her husband and three kids.

where
in Carolina Country is this?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our September issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

July winner

The July Where Is This photo by Renee Gannon features the historic Bethesda Methodist Protestant Church, located just outside of Brinkleyville on Hwy. 561 in Halifax County. Built in 1853, the church played an important role in the development of the Methodist Church in North Carolina during the mid-1800s. Catherine Fountain commented that her grandparents were married in the church in 1937. One reader, Rev. Stanley Richardson of Hollister, served as pastor for the church from 1995–2000. He still helps with the land's upkeep. The church has been listed on the National Register of Historic Places since 2012. The winning entry chosen at random from all the correct submissions came from Anthony Solomon of Enfield, a Halifax EMC member.

CAROLINA COUNTRY
scenes
Photo of the month

Casting for the Big One

On a trip to Cape Lookout National Seashore, the day was beautiful and the fish were biting. This gentleman threw out his cast net at Cape Point, hoping to catch a 'big one.'

Letha Griffin, Harkers Island, Carteret-Craven Electric Cooperative

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2017). See even more Photos of the Week on our website carolinacountry.com.

Charging Ahead

Why more Americans are driving electric vehicles

By Pat Keegan and Christine Grant

The electric vehicle (EV) market is growing rapidly. There are good reasons why EVs are becoming more popular, but there are also a few potential drawbacks.

Let's start with the basics: EVs are vehicles that plug into the electric grid for some or all of their power. There are two primary types of EVs. All-electric EVs (such as the Nissan LEAF) are powered entirely with electricity. Plug-in hybrid EVs (such as the Chevrolet Volt) are dual-fuel cars, meaning both the electric motor and the internal combustion engine can propel the car.

A key benefit of EVs is that a driver's trips to the gas station are either vastly reduced or eliminated altogether. However, in lieu of gas refueling, EVs need to be recharged. At the lowest charging level, called Level One, an hour of charging typically provides three to five miles of range per hour. Because the average light-duty car is parked for 12 hours per day at a residence, many EV drivers can use Level One charging for most of their charging needs. The fastest charging level, called DC Fast-Charging, can provide an 80 percent charge in about 20 or 30 minutes (see "Keep That EV Rolling," July 2017, page 10).

Charging with electricity is nearly always cheaper than fueling with gasoline. An electric gallon—or "eGallon"—represents the cost of driving an EV the same distance a gasoline-powered vehicle could travel on one gallon of gasoline. On average, an eGallon is about one-third the cost of a gallon of gasoline. Another benefit of charging with electricity is that, throughout many parts of the country, it is a cleaner fuel source than gasoline. Although the exact environmental benefits of driving an EV will vary, one recent study found that two-thirds of Americans live in regions where driving an EV is cleaner than driving a 50 MPG gas-powered car.

Another key reason for the rise in EV ownership is because of recent reductions in the upfront cost of the cars. The batteries used in EVs are the most expensive component of the cars, but thanks to improving production methods, the cost of the batteries has dropped by more than 35 percent since 2010, and costs are expected to keep dropping. Because of these cost reductions and technology improvements, EVs are hitting some major performance and affordability milestones. For example, in late 2016, General Motors released the Chevrolet Bolt, an all-electric EV with an estimated range of 238 miles per charge, costing about $30,000 after rebates (ask the dealer and check with a tax professional to confirm your eligibility for rebates).

Although even longer range and more affordable EVs are expected to hit the market soon, one of the key drawbacks of EVs is that most models currently have a range of less than 100 miles per charge. More and more public charging stations are available across the United States, but "range anxiety" is still a concern for many potential buyers. Fortunately, if you are considering an EV, keep in mind that the average American's daily driving patterns are well-suited for EV use. More than half of all U.S. vehicle trips are between one and 10 miles, and even in rural areas the average daily drive distances for typical errands and commutes are well within the range of most currently available EVs.

EVs are also well-suited for many commercial applications. Companies like Frito-Lay and FedEx are introducing EVs into their delivery fleets, and a growing number of municipalities are buying electric buses. One of the primary draws of EVs for commercial use is their minimal maintenance requirements.

If you are interested in learning more about EVs, your electric co-op can be a great resource for more information about possible rebates and other incentives.

This column was co-written by Pat Keegan and Christine Grant of Collaborative Efficiency. Visit carolinacountry.com/your-energy for more ideas on energy efficiency.

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For many people, particularly seniors, climbing stairs can be a struggle and a health threat. Some have installed motorized stair lifts, but they block access to the stairs and are hardly an enhancement to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet… falling.

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Stan W. US war veteran and retired professor

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Investing in the Sun for Water Heating

By Hannah McKenzie

Q: I'd like to install a solar water heater for my home, but they seem to be very expensive. Are they a good investment, or should I consider other technologies to limit my monthly expenses and impact on the environment?

A: Maybe. So many choices require balancing our values with how we spend money. Solar water heaters are no exception.

A typical residential system for a family of four consists of three components:

- Two 4-foot by 8-foot solar collectors;
- One 80-gallon solar storage tank with an electric backup heating element; and
- One heat exchanger freeze protection system, which is basically fluid-filled pipes that connect the solar collectors and storage tank.

Depending on the weather, season, tree cover and water use habits, these systems can provide up to 70 percent of a home's hot water used for bathing and cooking. The remaining 30 percent is heated by an electric backup heating element.

Upfront installation costs range from $7,000 to $10,000 for a 64-square-foot solar water heater system, but homeowners may be eligible for a federal solar tax credit that pays back 30 percent of the cost. This incentive, for example, would take an $8,500 system down to $5,950. However, the tax credit will be dropping to 26 percent in 2020 and to 22 percent in 2021. Additionally, not everyone is able to take full advantage of federal income tax credits, so check with a tax professional to confirm your eligibility.

Other considerations when evaluating solar water heaters are annual operating costs and payback periods.

Mark Hubbard

Solar water heating collectors vary in design, from flat panels to dark tubes.

A standard electric storage water heater costs about $330 per year to operate, while a solar water heater costs only about $145. Using these estimates, a $5,950 system would pay for itself in energy savings in approximately 32 years. Most solar water heating system components have a 10-year warranty, and collectors have a 30-year design life. Assuming you're comfortable with long-term maintenance, a solar water heater in this scenario would be more of a hobby than a money-saving investment. Crunching numbers will show whether a solar water heater will save you money and be a worthwhile investment.

Current solar photovoltaic (PV) panels are so much more efficient than previous models, so purchasing them to power an electric storage water heater may offer lower annual water heating costs—about $130—and a shorter payback period. PV panels also have a 30-year design life, qualify for federal tax credits, have fewer components to maintain, and can meet a homeowner's renewable energy goals.

When the circumstances are right, letting the sunshine heat your water can be practical. Reach out to your local electric cooperative to help decide if this is an option for your household, and if any incentive programs are available. As always, get at least three quotes and check references before embarking on a pricey home improvement project.

More information, including cost calculators, is available from the U.S. Department of Energy (bit.ly/cc-solarwaterheaters).

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

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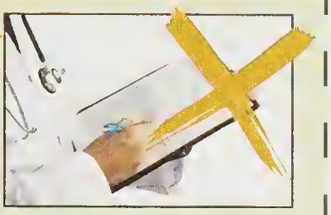

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55-59	$14.20	$11.95	$23.00	$19.25	$45.00	$37.50	$111.00	$92.25
60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
65-69	$20.50	$16.00	$33.50	$26.00	$66.00	$51.00	$163.50	$126.00
70-74	$27.40	$21.40	$45.00	$35.00	$89.00	$69.00	$221.00	$171.00
75-79	$37.00	$30.10	$61.00	$49.50	$121.00	$98.00	$301.00	$243.50
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Jerky Made Easy

Make the most expensive meat at the grocery story

By Mike Zlotnicki

You think the filet mignon or the thick T-bones are the most expensive cuts of meat at the grocery store? Try pricing the bags of beef jerky. The can cost upwards of $16 a pound.

I love to make venison jerky, but I've had jerky made from wild turkey, goose, duck, pheasant and elk. It's not hard to make, and lean beef works just fine as well.

With deer, I bone out at least one of the hams and separate the roasts, then cut those into large chunks to freeze. It makes them easier to handle when cutting. I bought a small Cabela's electric slicer to make the task easier, but the key to cutting 4- to 6-millimeter slices is to use frozen or mostly-frozen meat. Thawed meat is too "squishy," for lack of a better word. You want a consistent cut for uniform drying time. Too thick and it takes forever; too thin and it crumbles when done.

After cutting, you need a marinade or rub. An internet search turns up all manner of options, but my "go-to" are Allegro marinades made in Paris, Tennessee, and available in most grocery stores. They make many flavors—I use Original for sensitive palates and Hot & Spicy (with added pepper) for my personal stash. I like my head to sweat a little when I eat jerky. Teriyaki is popular with my teenage girls.

I marinate the meat strips overnight in the refrigerator, then shake off excess marinade before placing the meat on the dehydrator. My model has five slotted trays and what looks like a blow dryer that inserts in the middle. Pretty low-tech. I flip my pieces on the bottom tray over half way through the process and move the trays above at the three-hour mark. Six to eight hours later I have jerky. I like to bend the strips, and when I see white fibers within the strip I know it's done.

Dehydrators can range from about $40 to $250, and you can use fruit and vegetables in them as well. For those who don't hunt, any lean meat store-bought will do, such as brisket or London broil.

For those who don't have a dehydrator, a conventional oven works fine, set at a range between 150 and 180 degrees. Remember, you are drying, not cooking the meat. You can place your meat strips on oven grates or a pan with a rack, or hang them with toothpicks. Check every few hours and test by bending and biting.

Making jerky gives a whole new life to your freezer meat. Got some freezer-burned meat? No problem. Trim it and go. Just remove all fat, skin and connective tissue. And while the sodium in the marinade should act as a preservative of sorts, I freeze my finished jerky for later use and refrigerate what I'm going consume in the next couple of weeks. Of all the methods I've use to prepare wild game for those not accustomed to it, venison jerky has been the most universally accepted and enjoyed by my non-hunting friends who have tried it.

Mike Zlotnicki is associate editor at Wildlife in North Carolina magazine. He lives in Garner with his wife, three daughters and two German shorthaired pointers.

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■ **TRYING TO KEEP UP:** Rapid shipments of packages containing Vault Bricks loaded with valuable .999 solid U.S. State Silver Bars are flowing around the clock from the private vaults of the Lincoln Treasury to U.S. State residents who call 1-888-282-6742 Ext.FMS2311 to beat the 7-day deadline.

U.S. State Silver Bars go to residents in 5 states

U.S. residents who find their state listed below in bold get first dibs at just the $59 minimum set for state residents while all non state residents must pay $134

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NATIONWIDE – The phone lines are ringing off the hook.

That's because U.S. State Silver Bars sealed away in State Vault Bricks are being handed over to NC, VA, SC, GA and TN residents at just the state minimum set by the Lincoln Treasury for the next 7 days.

This is not a misprint. For the next 7 days residents who find their state on the Distribution List above in bold are getting individual State Silver Bars at just the state minimum of $59 set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five U.S. State Silver Bars before the deadline ends.

And here's the best part. Every NC, VA, SC, GA and TN resident who gets at least two Vault Bricks is

(Continued on next page)

COURTESY LINCOLN TREASURY
PHOTO ENLARGEMENT SHOWS ENGRAVING DETAIL

(Continued from previous page)

also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

Not long ago, nobody knew that the only U.S. State Silver Bars locked away in the private vaults of the Lincoln Treasury would be allocated to the Federated Mint for a limited release to residents in 5 states. Every single one of the 50 U.S. State Silver Bars are date numbered in the order they ratified the Constitution and were admitted into the Union beginning in the late 1700s.

"As Executive Advisor to the Lincoln Treasury I get paid to deliver breaking news. So, for anyone who hasn't heard yet, highly collectable U.S. State Silver Bars are now being handed over at just the state minimum set by the Lincoln Treasury to residents in 5 states who beat the offer deadline, which is why I pushed for this announcement to be widely advertised," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

"These bars are solid .999 pure fine silver and will always be a valuable precious metal which is why everyone is snapping up as many as they can before they're all gone," Withrow said.

There's one thing Withrow wants to make very clear. State residents only have seven days to call the Toll Free Order Hotlines to get the U.S. State Silver Bars.

"These valuable U.S. State Silver Bars are impossible to get at banks, credit unions or the U.S. Mint. In fact, they're only being handed over at state minimum set by the Lincoln Treasury to NC, VA, SC, GA and TN residents who call the Toll Free Hotline before the deadline ends seven days from today's publication date", said Timothy J. Shissler, Executive Director of Vault Operations at the private Lincoln Treasury.

To make it fair, special Toll Free Overflow Hotlines have been set up to ensure all residents have an equal chance to get them.

Rapid shipments to state residents are scheduled to begin with the first calls being accepted at precisely 8:30am today.

"We're bracing for all the calls and doing everything we can to make sure no one gets left out, but the U.S. State Silver Bars are only being handed over at just the state resident minimum set by the Lincoln Treasury for the next seven days. For now, residents can get the U.S. State Silver Bars at just the state minimum set by the Lincoln Treasury as long as they call before the order deadline ends," confirmed Shissler.

"With so many state residents trying to get these U.S. State Silver Bars, lines are busy so keep trying. All calls will be answered," Shissler said. ■

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2. CALL THE NON-RESIDENT TOLL FREE HOTLINE BEGINNING AT 11:00AM AT: **1-888-414-3761 EXT.FMS2311**
3. IF YOU ARE A U.S. RESIDENT LIVING OUTSIDE OF THE STATES OF NC, VA, SC, GA OR TN YOU ARE REQUIRED TO PAY $134 FOR EACH STATE SILVER BAR FOR A TOTAL OF SIX HUNDRED SEVENTY DOLLARS PLUS SHIPPING AND HANDLING FOR EACH SEALED STATE VAULT BRICK LOADED WITH FIVE U.S. STATE SILVER BARS. THIS SAME OFFER MAY BE MADE AT A LATER DATE OR IN A DIFFERENT GEOGRAPHIC LOCATION.

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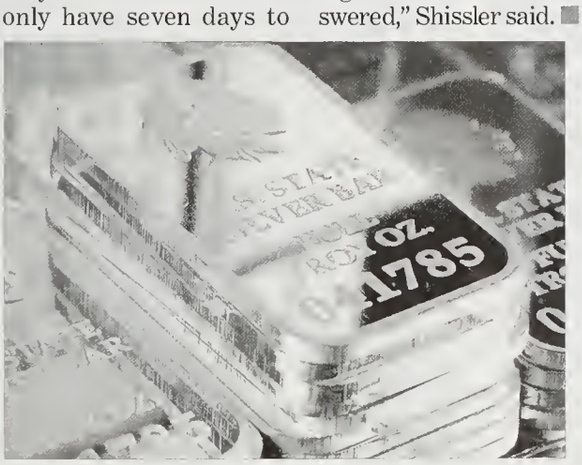

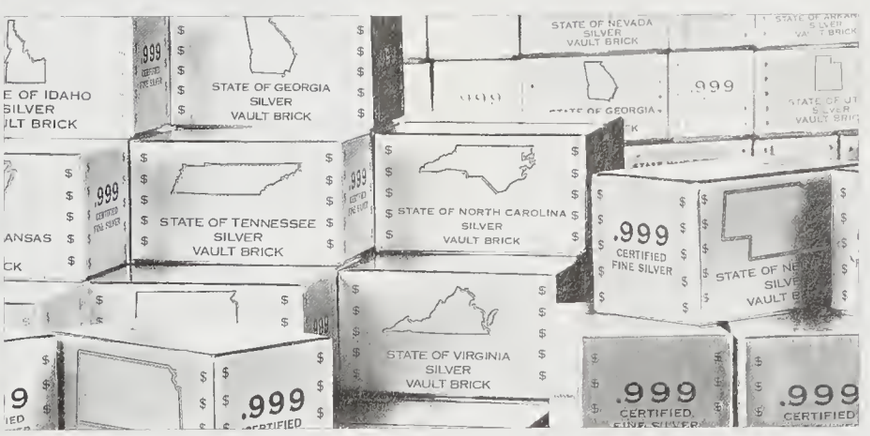

■ **A SNEAK PEAK INSIDE SILVER VAULT BRICKS:** Pictured left reveals the valuable .999 pure fine silver bars inside each State Silver Vault Brick. Pictured right are the State Silver Vault Bricks containing the only U.S. State Silver Bars known to exist with the double forged state proclamation. NC, VA, SC, GA and TN residents are authorized to get individual State Silver Bars at just $59 state resident minimum set by the Lincoln Treasury. That's why everyone should be taking full Vault Bricks loaded with five State Silver Bars before they're all gone. And here's the best part. Every resident who gets at least two Vault Bricks is also getting free shipping and free handling. That's a real steal because all other state residents must pay over six hundred dollars for each State Vault Brick.

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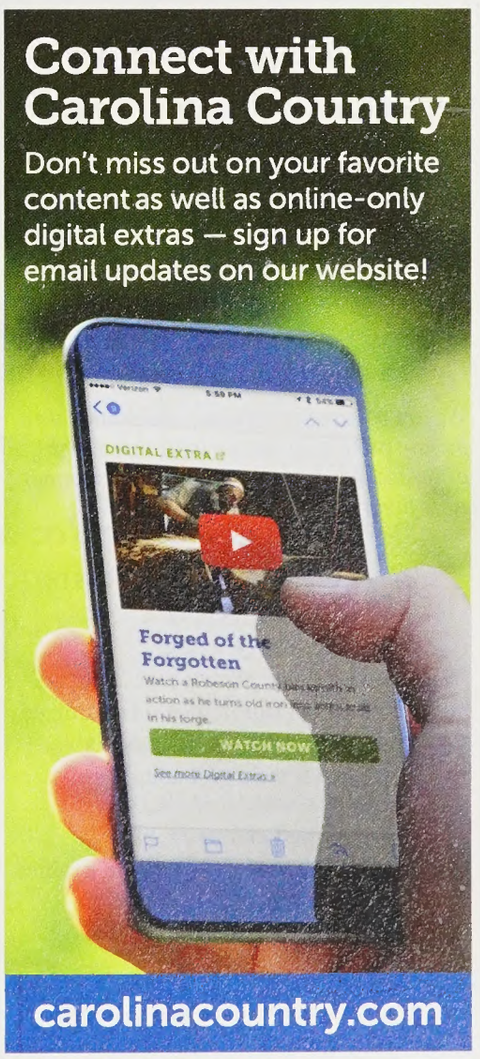
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Italian Rotisserie Chicken Salad Stuffed Tomatoes

Dear August: We've got your hot days beat with this no-cook salad nestled in juicy vine-ripened summer tomatoes. Pass the lemonade, please!

- 1 rotisserie chicken, skinned, boned and chopped (about 5 cups)
- ½ cup sliced roasted red peppers, drained
- ½ cup thinly sliced red onion
- ½ cup diced celery
- ½ cup toasted pine nuts
- ½ cup chopped fresh parsley, plus 2 tablespoons for garnish
- 1 4-ounce carton feta cheese with basil and tomato, reserve 2 tablespoons
- 2 tablespoons capers, drained
- 8 large tomatoes, cored and drained upside down

For dressing

- ½ cup Dijon mustard
- ½ cup olive oil
- ¼ cup honey
- 1 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- Crushed black pepper

Whisk all dressing ingredients together. Stir dressing into chicken to coat. Add all remaining ingredients (but for the tomatoes) and mix well.

Chill several hours or overnight. Stuff tomatoes and garnish with reserved feta cheese crumbles and parsley. Serve immediately.

Note: Don't cut out too much of the delicious tomato—just enough to mound the chicken salad!

Yield: 8 servings

Green and Gold Okra Summer Salad

We are all used to stewing and frying okra, but surprise your guests with this delightfully different way to enjoy a Southern summertime favorite.

- ¼ cup rice vinegar
- 2 tablespoons sugar
- 1 teaspoon white pepper
- Juice and zest of 1 lime
- 3 large mangos, peeled and chopped
- 1 small sweet onion, peeled and diced
- 1½ cups white seedless grapes, halved
- 1–2 cups sweet mild green and gold peppers, seeded and sliced
- ¾ cup chopped cilantro
- 2 quarts raw okra, washed and drained (slice at serving time)
- 1 large jalapeno, sliced, optional

Combine vinegar, sugar, pepper, lime juice and zest. Whisk together and let stand while making salad.

Combine mango, onion, grapes and sweet mild peppers. You can make the salad up to this point ahead of time and keep refrigerated several hours.

When ready to serve, toss in cilantro and fresh-sliced okra (in ½" pieces) into mango mixture. Stir well and garnish with jalapeno slices.

Yield: 8 servings

From Your Kitchen

Key Lime Pound Cake

- 1 box lemon cake mix
- 1 small box (3 ounce) lime Jell-O
- Zest of 1 lime
- 4 eggs, slightly beaten
- Juice of 1 lime plus enough to make ½ cup
- ¼ cup water
- ⅓ cup oil
- *Optional:* Can of cream cheese frosting

Preheat oven to 350 degrees.

Mix dry ingredients. Add remaining ingredients and mix well. Pour into a greased Bundt pan and bake for 45 minutes or until it tests done. Cool and remove from pan.

Optional glaze: Soften ⅓ cup cream cheese frosting (canned) and drizzle over cooled cake.

Yield: 12 to 16 slices

Recipe courtesy of Judy Jones, Chinquapin, a member of Four County EMC

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—Jenny Lloyd, recipes editor

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist specializing in NC-made food products and small NC farms.

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